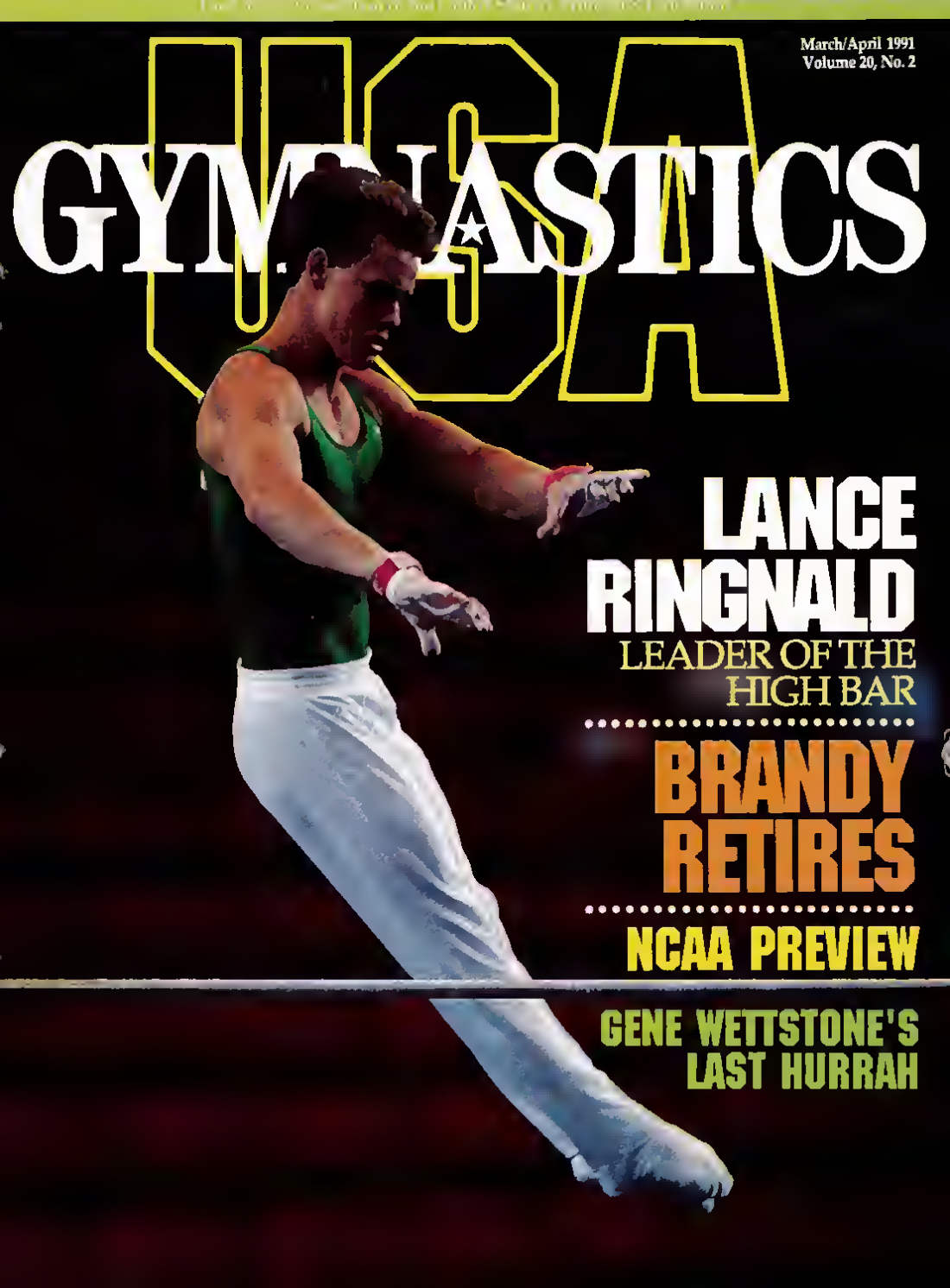
March/April 1991
Volume 20, No. 2

USA GYMNASTICS



LANCE RINGNALD
LEADER OF THE HIGH BAR

BRANDY RETIRES

NCAA PREVIEW

GENE WETTSTONE'S LAST HURRAH

CONTENTS

MARCH/APRIL, 1991, VOLUME 20, NUMBER 2

Cover photo by Dave Black
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The United States Gymnastics Federation (USGF) is the sole national governing body for the sport of gymnastics. A not-for-profit organization, the USGF selects, trains and administers the U.S. Gymnastics Team, including the U.S. Olympic Gymnastics Team. Contributions and support are always welcome and are tax-deductible.


GK IN MOTION,

USGF
EDITORIAL

Professional Development

HOW DO COACHES LEARN THEIR TRADE?

By Dave Moskovitz

As the USGF faces the Challenges of the 1990's, the role of coaches' education and/or accreditation will become more prominent. Parents expect every coach to be highly qualified and competent, even for Little League baseball! As gymnastics professionals, besides mastering basic coaching knowledge and teaching skills, we need to be prepared to also deal with parental concerns, a demanding community and an uneducated public relative to our sport. The time is at hand when we must verify our gymnastics knowledge — prove ourselves to the local community and our clients. This will be accomplished through the accreditation (to give credit, supply with credentials or authority) process within the structure of the Professional Development Program.

Parents ask many questions when they bring their children to gymnastics clubs for instruction. Some questions are easy to answer. How much do the lessons cost? How much do the uniforms cost? Other questions are more difficult to answer. What type of education have your instructors received? Are all your coaches Safety Certified? Are your coaches certified or approved to teach gymnastics? What is your educational background in gymnastics? Think about the answers to these questions. Now, what can you actually show the parents to prove what you have said.

Support for gymnastics coaches' education has been documented within the USGF Professional membership. A recent study of elite women's coaches by Dr. Bill Sands (1990) showed overwhelming support not only for a structured system, but also for a national center for coaches' education. In a survey by the USGF Department of Educational Services, more than 90% of those responding indicated that they felt coaches' education was very important; approximately the same number said that they would participate in a program if one existed. These results indicate that a system must be put in place now. Also, the United States Olympic Committee has identified coaches' education as a top priority for the next two quadrennium. As the National Governing Body for our sport, it is the United States Gymnastics Federation's duty and responsibility to develop and institute this program.

In the health profession, doctors attend medical school. In the legal system, lawyers go to law school. At this time the gymnastics professional has little or no opportunity to validate his/her knowledge or position in his/her chosen profession. The USGF program will utilize a multi-level structure that will progressively increase the gymnastics professional's credentials and provide for continuing education experiences. The first stage in the development of this program has commenced. Your response to future editorials and articles written on coaches' education will influence the creation of the program. It is anticipated that two introductory levels of the program will be introduced in 1992. The Professional

continued on page 45

USA GYMNASTICS

Publisher
Mike Jacki

Editor
Luan Peszek

Men's Program Administrator
Robert Cowan

Women's Program Administrator
Kathy Kelly

Rhythmic Program Administrator
Nora Hitzel

USGF Commercial Identification

SIGNAGE ON TEAM UNIFORMS

What Is Commercial Signage on Uniforms?

The International Gymnastics Federation (FIG) has recently approved the use of commercial signage on the team uniforms (warm-up and competitive apparel) of athletes and related personnel (coaches and trainers). The USGF is extending this opportunity to USGF clubs and athletes

A commercial company or enterprise may display uniform signage on team apparel showing their mark, company name, logo, emblem or other such representation Only one sign is allowed per item of apparel conforming to FIG specifications in addition to the one identification mark allowed for the apparel manufacturer

The addition of apparel signage is NOT allowed on the USGF National Team uniforms or accessories The USGF has entered into an exclusive agreement with McDonald's for use of their marks on USGF National Team apparel Therefore, no National Team member in your club can have other signage attached to his/her National Team apparel

Only McDonald's commercial uniform signage CAN be worn at designated USGF national team events These meets include, but are not limited to, the McDonald's American Cup, McDonald's International Mixed Pairs, international dual meets, U.S. Challenge, U.S. Olympic Cup, all foreign international competitions, World Cup, World Championships, Goodwill Games, U.S Olympic Festival and the Olympic Games. Examples of national level competitions which WOULD allow other individual uniform signage include, but are not limited to, the U.S. National Championships (artistic and rhythmic), American Classic, U.S. Classic, and Winter Nationals

*NOTE The USGF reserves the right to include Winter Nationals, or any other USGF event, as a designated USGF national team event upon notice to national team members and USGF athlete members

The purpose of commercial signage is to provide a financial opportunity for the club and/or athletes while giving the sponsor identification and recognition.

The sponsor's donation (cash, merchandise, services or "in-kind" contribution) to the club or athlete is considered a payment for service and is not eligible for a 501(c)3 tax exempt deduction

Mike Racanelli

HOW THE PROGRAM WORKS

1.) Any athlete, coach or team that intends to display commercial identification (signage) on their uniforms must submit a Limited Sponsorship Agreement (LSA) application to the USGF. Only one sign is allowed per item of apparel.

2.) LSA applications can be requested from the USGF Marketing Department. Forms must be submitted not less than sixty (60) days before the event in order for the signage to be approved. If approval is given, it will be granted no less than thirty (30) days before the event.

3.) The LSA application must be completed in its entirety including an actual size sample of the commercial sponsor's proposed copy-ready artwork, which must conform to FIG/USGF specifications.

4.) A Limited Sponsorship fee will be required by the United States Gymnastics Federation in order to formalize the Agreement This is to protect both the USGF and the athlete/club specific to the USGF/USOC/IOC eligibility rules. The Limited Sponsorship fee is ten percent (10%) of the actual value of the sponsorship. Actual value is defined as the total value of the sponsorship, including the real cash value and/or the value of the merchandise, services or "in-kind" contributions.

Example 1: If an airline gives you $3,000 in cash and five free round-trip tickets valued at $400 each, the total value of the sponsorship is $5,000 Therefore, you would pay 10% of $5,000 or $500

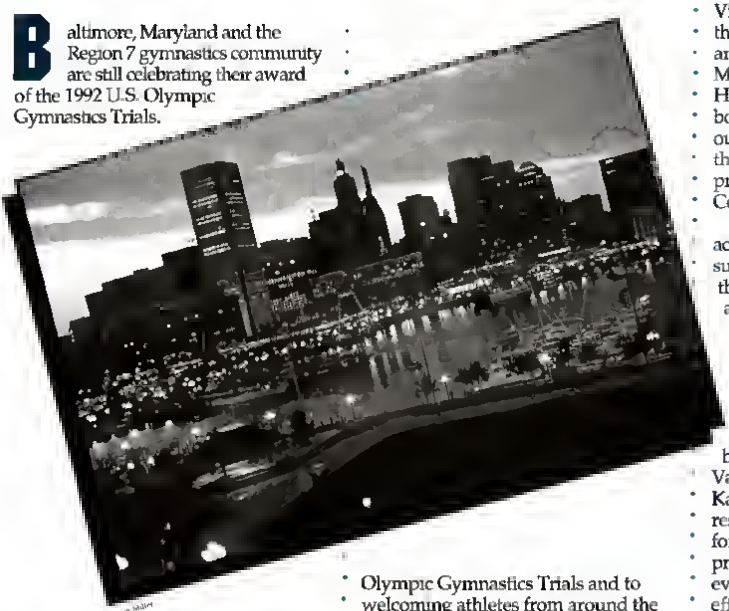
Example 2: A computer company gives you a cash donation of $1,000. They also provide you computer hardware and software that has a retail value of $5,000. They also give you the use of a computer programmer to assist your club in setting up the programs He works for ten (10) hours and his regular hourly fee is $50 per hour The total value of this sponsorship is $6,500 The sponsorship fee is $650.

continued on page 35

USGF Selects Baltimore

1992 OLYMPIC GYMNASTICS TRIALS

Baltimore, Maryland and the Region 7 gymnastics community are still celebrating their award of the 1992 U.S. Olympic Gymnastics Trials.



Baltimore is, after all, a sports town accustomed to such major league sporting events as the Preakness Stakes, U.S. Figure Skating Championships, The World Whitewater Championships, Tour du Pont Cycling Race and the Columbus Cup International Yachting Race. But, the opportunity to host the Gymnastics Trials is one that the entire area is looking forward to with great excitement.

"I am pleased that the city of Baltimore has been chosen to host this prestigious sporting event. We look forward to the start of the 1992 U.S. Olympic Gymnastics Trials and to welcoming athletes from around the country to our great city," said Kurt L. Schmoke, mayor of Baltimore.

The bid for the Gymnastics Trials was spearheaded and coordinated by the Maryland's Office of Sports Promotion, an office of the Department of Economic and Employment Development.

"Hosting the Gymnastics Trials fits into our agenda of attracting and promoting top notch athletic events to Maryland," said Mike Marqua, director of the office. "We feel we've gotten a jewel this time."

The city of Baltimore is the perfect place to stage world-class events. Blending an urban renaissance with antique charm, Baltimore abounds with energy from its growing Inner Harbor area and well-known historical sites to its renowned cultural institutions and celebrated ethnic neighborhoods.

Within walking distance of the Baltimore Arena, venue for the Gymnastics Trials, are many of the attractions that have made Baltimore a world-famous tourist destination. Visitors can venture below the sea at the National Aquarium in Baltimore and its newest addition the Marine Mammal Pavilion. After browsing at Harborplace & The Gallery, one can board the oldest naval ship continuously afloat, the U.S.F. Constellation, then stroll the wide waterfront promenade to the Maryland Science Center.

Baltimore is full of entertaining activities, attractions and sites that are sure to appeal to everyone. Hosting the Gymnastics Trials gives Baltimore an opportunity to illustrate its tremendous spirit and resources.

"But the venue is only a piece of the package we offer," said Barbara Bozzuto, executive director of the local organizing committee. "We're also excited to be working the Jan Greenhawk, Gil Van Schoor, Gary Anderson and Kathy Harrelson—all nationally respected gymnastics professionals fortunately located in our region. We promise the athletes a very well-run event and 10 days of Baltimore efficiency and hospitality."

The arrival of the U.S. Gymnastics Federation and the country's young gymnasts will coincide with one of Baltimore's major events, Flag Day. For one moment the entire nation pauses for the Pledge of Allegiance as the Star-Spangled Banner is raised over Ft. McHenry. It will be a moment for all the participants to remember.

Their arrival will also coincide with that of another Maryland tradition: steamed crabs, that crustacean delicacy of the Chesapeake Bay. The local organizing committee promises a full-blown Crab Feast to send off the athletes and their families with fond memories of Baltimore and Maryland.

U S A G Y M N A S T I C S

'91 U.S. GYMNASTICS CHAMPIONSHIPS

June 6-9, 1991
Shoemaker Center
Univ. of Cincinnati

Ticket Information

Thursday, June 6th ($8.00 All day)
2:00 p.m. Jr. Men's & Women's Compulsories
7:00 p.m. Sr. Men's Compulsories

Friday, June 7th ($8.00 All day)
2:00 p.m. Jr. Men's & Women's Optionals
7:00 p.m. Sr. Women's Compulsories

Saturday, June 8th
2:00 p.m. Sr. Men's Optionals $12.00/$10.00
8:00 p.m. Sr. Women's Optionals $12.00/$10.00

Sunday, June 9th
2:00 p.m. Men's & Women's Individual Event Finals $14.00/$12.00

All Session Package ($46.00)

U.S. GYMNASTICS FEDERATION

Individual session tickets go on sale April 1 at the Shoemaker Center box office and all Ticketron outlets. To charge by phone call Ticketron Phone Charge:

TICKETRON®
(800) 225-7337

All Session Packagess are available prior to April 1 by writing to:
Cincinnati Gymnastics Organizing Committee
P.O. Box 9437
Cincinnati, OH 45209

ASK MARY LOU

DEAR MARY LOU,

What did you do to psyche up before a competition?

Susanne Watson

Dear Susanne,

To psych up for a competition, I would always run through all of my routines in my head — doing each one perfectly. Always go into a competition with the positive attitude that all of the hard work in the gym prior to the meet will pay off. Also, I feel that part of a coaches job is to be a great motivator. I was very lucky because Bela Karolyi is one of the best motivators in the world. He has gotten results out of me that I thought I would never achieve.

DEAR MARY LOU,

I was wondering what is the hardest move you've ever done and how long did it take you to learn it? Also, how did you feel when you won your Olympic Gold medal?

Taylor Thompson
Winter Park, Florida

Dear Taylor,

The hardest skill I ever competed was a Tsukahara layout with a double twist. It took a very long time to achieve that vault but it was well worth it. I also was very proud of performing a double layout on floor exercise, which is mainly a men's tumbling skill. Not many women compete with a double layout. Winning my gold medal was the highlight of my whole gymnastics career. It is an indescribable feeling of happiness and self-satisfaction.

DEAR MARY LOU,

I am 10 years old and I'm competing at Level 5. I'm having a hard time making my glide kip on

bars. My scores are low because I can't get my glide kip. Can you give me some suggestions on exercises that would help me to make it?

Melissa Colser
Norman, Oklahoma

Dear Melissa,

A glide kip is a very important skill to learn because it is a connecting move for a bar routine. A kip is what keeps a bar routine together. Make sure you stretch as long as you can underneath the bar on the glide. And keep working on upper body strength. Push-ups and pull-ups should help you to get a little stronger. Keep trying, I'm sure you can do it!

FIRST PLACE ALL-AROUND

Bring out the best in every gymnast when you bring out the best in gymnastic apparatus. Bring out American Athletic, an official sponsor of the United States Gymnastic Federation. It's the choice of the best, the one selected for the Olympics, the World Championships, the Pan American Games and many other major tours and meets.

For information about the gymnastic world's hands-on favorites, contact AAI American, 200 American Ave., Jefferson, Iowa 50129 U.S.A. Phone 515/386-3125.

1989-1992
OFFICIAL SUPPLIER
AND SPONSOR

1991 WORLD
GYMNASTICS
CHAMPIONSHIPS

TM

AAI
American

CLUB 91 HOSPITALITY PACKAGE FOR USGF PROFESSIONAL MEMBERS

CLUB PACKAGE INCLUDES:
Admission to USGF Congress
Ticket to the final 91/WGC athlete banquet
Access to Club 91 hospitality area, complete with:

- Gathering place for gymnastics professionals and friends
- Live closed-circuit television coverage of competition
- Cash food and bar
- Up-to-the-minute results, draws and competition statistics
- USA Team reception
- 91/WGC commemorative gift

ELIGIBILITY
USGF Professional member *and* Champions-All ticket package holder

DATES
Hospitality room will be open on Sept. 7 and close Sept. 15

COST

- $91 for each Club 91 membership
- Each USGF Pro member is entitled to purchase one (1) additional package for a spouse or guest

** Credentials are non-transferable*

Make check or money order payable to:
1991 WGC/Club 91
101 W. Washington St., Suite 1301
Indianapolis, IN 46204

For additional information call:
(317) 630-1991

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State _____ Zip _____
Daytime Phone _____
Nighttime Phone _____

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Address _____
City _____
State _____ Zip _____
Daytime Phone _____
Nighttime Phone _____

Quantity _____ @ $91 per membership
Amount Enclosed $ _____
(Maximum 2 memberships)
USGF # _____
Mastercard ____ Visa ____ Exp. date _____
Acct # _____
Signature _____

KAROLYI'S WORLD GYMNASTICS SUMMER CAMP '91

Welcome to Karolyi's World Camps,
home of several Olympic and World Champions
For beginner, advanced & competitive gymnasts.
Girls & boys—minimum age: 7 years old.

HOUSTON, TEXAS

SESSIONS:

Monday noon to Saturday noon
All sessions are personally directed by Bela Karolyi

JULY 1-6
JULY 8-13
JULY 15-20
JULY 22-27
JULY 29-AUG 3

PHONE: (713)444-6595

•Upgrade and learn new gymnastics skills with the Karolyi's master staff
•Meet the best American gymnasts as they prepare for the 1991 World Championships.
•Work out daily with your favorite gymnastics stars at the beautiful Waverly Hills Gymnastics Complex

SPECIAL OFFER—Coaches with 10 students enrolled are invited free of charge . . .
Coaches with 10 students enrolled to attend camp will receive housing, meals, recreational facilities, Elite workout sessions and **Bela's** master lecture presentation followed by question-answer session regarding your favorite topics. Only coaches, club owners and parents with students enrolled can attend camp, elite workout and master lectures
Attendance fee $195.00

•Enrollment is limited; call or write for your camp brochure. **NOTE**: Only cashier's check or money order will be accepted for deposit and balance
Deposit: $75/session (not refundable).

•High-quality intensive gymnastics instruction in the brand new 25,000-square-foot gymnasium complex.

•Exciting additional outdoor activities: horseback riding, swimming (Olympic size pool), tennis, volleyball, basketball, campfire activities

—APPLICATION—

Name _____

Address _____

City _____ State _____ Zip _____

Camp Date _____ Phone ( ) _____

TUITION/SESSION: $295
Housing, meals, instruction, additional activities
Additional sessions
$275 each
Coaches: See special offer with 10 students enrolled

PLEASE MAIL
$75 registration fee to
Karolyi's Gymnastics
World Camps
17203 Barnwood
Houston, Texas 77090
Phone: (713)444-6595

OLYMPIC SUPERSTAR MARY LOU RETTON GETS MARRIED

Mary Lou Retton stole the hearts of many who sat and watched as she won five Olympic Gold medals in 1984. Now Mary Lou has again stolen a heart—this time it is that of her new husband, Shannon Kelley, former quarterback for the University of Texas.

Mary Lou and Shannon were married on December 29, 1990 in Houston, Texas.

As the newly married couple walked out of the church as man and wife Mary Lou yelled out in excitement, "Yeee Haaa!"

Their 500 plus guests at the River Oaks Country Club reception included Mary Lou's former coaches, Bela and Martha Karolyi, Olympic gold medalist Carl Lewis, former Redskin quarterback Joe Theismann, with fiancée Jeanne Caruso; and three members of the 1984 Olympic Team—Michelle Dusserre, Kathy Johnson (with actor Brian Patrick Clarke) and Marie Roethlisberger; and former U.S. National Champion Kristie Phillips.

The newlyweds spent their honeymoon in California since Mary Lou was a guest on the '91 Olympic Festival float in the Rose Bowl parade.

Houston is the site of the happy couple's home. Mary Lou, who is originally from West Virginia, said, "I have this Texan accent now, I guess I better stay."

In terms of a career, Mary Lou will continue to work towards her college degree and do motivational speaking, endorsements, and appearances for corporate sponsors and charities. Shannon is working in commercial and residential real estate.

Both agree that they want children but not right away because they have plenty of time.

For now, Mary Lou and Shannon are enjoying each other and their new life together.

Right: Mary Lou gets a well-known bear-hug from Bela Karolyi.

ATTENTION ATHLETES

DRUG TESTING

The United States Olympic Committee requires that the United States Gymnastics Federation drug test all athletes who will be attending the 1991 Pan American Games competition or the 1991 World University Games.

Those National Team members considered to compete in these two events or the 1991 World Championships will be drug tested after the selection of the national team at the 1991 U.S. Championships in Cincinnati, Ohio, June 6-9.

RESULTS SECTION

Attention State, Regional, Age Group and Elite Development Chairmen, the annual Results Section for the 1990-1991 season will be published in the September/October '91 issue of *USA Gymnastics* magazine.

All State, Regional, Age Group and Elite Development Directors should forward results to USA Gymnastics no later than July 1, 1991.

Submit results from State Competitions, Regional Competitions, Major Invitational Competitions, NCAA Competitions and other major gymnastics events from the 1990-1991 season.

Please use the following format when submitting results: 1) Name of Competition, 2) City and State where event was held, 3) Date of Competition, 4) Winning Team in each level, 5) Top three all-around winners in each level and their club or school, and 6) Winner of each event in each level and their club or school.

Send results to *USA Gymnastics*, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

USOC ANNOUNCES 1990 ATHLETES OF THE YEAR

The United States Olympic Committee announced that Lance Ringnald and Kim Zmeskal were named 1990 athletes of the year in gymnastics, and Diane Simpson, athlete of the year in rhythmic gymnastics

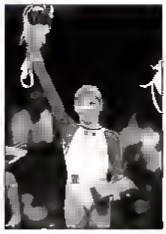
Ringnald's most significant accomplishment in 1990 was winning the gold medal on high bar at the Goodwill Games and earning the bronze medal on parallel bars and in the all-around competition. He also earned the silver medal at the McDonald's American Cup and, paired with Zmeskal, won the McDonald's International Mixed Pairs competition.

Zmeskal won five major international and national tournaments in 1990 including the McDonald's American Cup, McDonald's International Mixed Pairs, the U S. Challenge, the U.S. Championships, and the McDonald's Challenge USA-USSR. In addition, she won two individual bronze medals at the Goodwill Games and led the U S women's squad to a team silver medal

Simpson won her third U.S Olympic Festival gold medal and is currently the top ranked U S rhythmic gymnast. At the Four Continents Championships, she finished seventh in the all around competition She added a bronze medal in the ribbon event at the International Tournament, on the way to a seventh-place finish overall.


Dave Black

Lance Ringnald



Kim Zmeskal

Diane Simpson

IMPORTANT NOTICE TO USGF MEMBERS

The following Membership Statement has been adopted by the Board of Directors of the United States Gymnastics Federation

Membership in the United States Gymnastics Federation (USGF) is a privilege granted by the USGF. That privilege can be withdrawn by USGF at any time where a member's conduct is determined to be inconsistent with the best interest of the sport of gymnastics of the athletes we are servicing

At times the USGF may find it necessary to initiate the following actions regarding individual membership in the USGF

1. Place member on probation,
2. Suspend membership; or
3. Terminate membership

Official Notice, effective immediately.

SUSPENDED

with no rights of membership with the USGF
Mr. Robert Garner,
Hickson, TN

TERMINATED

and prohibited from ever regaining membership with the USGF
Mr. Rick Feuerstein,
San Marcos, CA
Mr. Larry Dutch,
Bangor, ME

NAOIA COMANECI SPORTS LEGENO

Nadia Comaneci was inducted into the Sudafed International Women's Sports Hall of Fame.

Sports historians, journalists and sports organizations nominate prospective inductees. Current Hall of Fame members elect new members from the nominations. Criteria for the Hall of Fame include achievement of breakthroughs, firsts, new styles or records over the course of a sports career and demonstration of a continuing commitment to the development of women's sports.

Comaneci will be inducted in the Contemporary category, for athletes whose achievements came primarily after 1960.

Nadia's athletic career will always be defined by the number "10," for the first perfect score in Olympic gymnastics competition. She achieved this perfect score on bars on the first day of competition at the 1976 Olympic Games. At those Games, she won three gold medals, including the all-around title, plus a silver and a bronze. She also won two gold medals at the 1980 Olympics.

University of Iowa Summer Sports Camp

One Week Gymnastics Camp at One of the Finest Collegiate Programs in the Mid-west

Date: July 7-12, 1991

Ages: 10-17

Iowa Hawkeye Training Facility

Camp Co-director
Tom Dunn

Camp Co-director
Mike Burns

COACHING STAFF:

Tom Dunn and Mike Burns have taken Iowa Gymnastics and built it into one of the nation's elite collegiate programs. Iowa is one of only five schools in the nation to qualify for the NCAA meet each of the last seven years. Both have coached internationally and both have received honors nationally, Dunn being named 1986 Mid-East Regional Coach of the year and Burns being named 1989 NCAA Assistant Coach of the year.

Other top collegiate and club coaches from throughout the Mid-West will also be invited to work with the gymnasts at the University of Iowa summer camp.

TRAINING FACILITY INCLUDES:

full size resi-pit and loose-foam pit to accommodate all events, trampoline, three sets of men's apparatus, overhead spotting rigs, strength training equipment.

Gymnasts will stay in the residence halls at the University of Iowa and will not only get an opportunity to train in a college setting but will get to experience the college life style as well.

COST:

$210.00

FOR MORE INFORMATION, WRITE:

Mike Burns
Assistant Gymnastics Coach
316 Field House
Iowa City, IA 52242
or call 319-335-9473

EVENT SCHEDULE

(Dates & Events Subject to Change or Cancellation)
Prepared by: Allison Melangton, Director of Special Events

MARCH

8-10	*Thais (R)	Paris, FRA
15-17	U.S. Challenge (M/W)	Allentown, PA
16-17	Messe Cup (M/W/R)	FRG
22-24	Paris-Bercy (M/W)	FRA
22-24	*Louvain la Neuve (R)	Brussels, BEL
22-24	Education: "Coaching America's Gym Coaches"	Chicago, IL

APRIL

6	Gymnastics Challenge: USA vs. ROM (W)	Houston, TX
6	NCAA Regional Championships (M/W)	Various Sites
6-7	Cup of the City of the Popes (W)	Avignon, FRA
7	First Elite Regionals (W)	Various Sites
11-12	USGF Division II/III Collegiate Champs (M/W)	Davis, CA
12-14	*DTB Pokal (R)	Karlsruhe, FRG
12-14	Cottbus (M/W)	Cottbus, FRG
13-14	2nd International Artistic Tournament (M/W)	Netherlands, HOL
18-20	NCAA's Championships (M)	Penn State U., PA
19-20	NCAA's Championships (W)	Tuscaloosa, AL
19-21	Romania's Int'l Tournament (M/W)	Ploiesti, ROM
27	Second Elite Regionals (W)	Various Sites
27	Champions All (M/W)	Birmingham, GBR
26-28	Gymnastics Challenge: USA vs. ROM (M)	TBA
27-28	J.O. Level 9 East/West Championships (W)	TBA

MAY

3	World University Games Trials (W)	Oregon State U., OR
3-5	J.O. National Championships (M)	Cal-State Fullerton, CA

TELEVISED GYMNASTICS EVENTS

In each issue of *USA Gymnastics*, we will update you on the air dates and times of gymnastics events which have been reported to us by the respective networks. These air dates, based on Eastern Standard Time, are subject to change by the network without notice. Consult your local Television guide for the exact date and time in your area.

Event	Location	Network	Event Date	Air Date	Time (EST)
Challenge USA-Romania	Houston, TX	NBC	April 6	April 16	2:30-4:00 p.m.
NCAA Champs (M)	University Park, PA	CBS	April 18-20	April 21	1:00-2:30 p.m.
NCAA Champs (W)	Tuscaloosa, AL	CBS	April 19-20	April 28	1:00-2:30 p.m.
FIG World Prof Champs (M/W)	Fairfax, VA	ABC	May 11	May 11	4:30-6:00 p.m.
U.S. Champs (M/W)	Cincinnati, OH	NBC	June 6-9	June 15 June 16	1:00 p.m. 3:00 p.m.
U.S. Olympic Festival (M/W/R)	Los Angeles, CA	ESPN	July 12-21	TBA	TBA
Pan American Games	Cuba	ABC (TBS)	Aug. 3-18	TBA	TBA
Artistic World Champs (M/W)	Indianapolis, IN	ABC/ ESPN	Sept. 7-15	Sept. 14-15	TBA

BLAST OFF

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Gymnast's time donated

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ENERGY

MASTER OF SPORT contains a unique blend of NATURAL carbohydrates that provide both short- and long-term energy. That means no energy "let-down" during training. PLUS, you get *inosine* to spark added muscle action at the end of your routine when effort normally fails. Inosine is a metabolic activator that helps your muscles produce maximum energy quickly.

Also, L-Carnitine is added to assist your muscles in efficiently processing fat for energy during long workouts. Carnitine is found in all muscle tissue and acts as a transporter of fat.

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MASTER OF SPORT helps to ensure speedy recovery from your workouts — so you can train hard day after day — you need plenty of protein, the building blocks of muscle. And protein is made from amino acids. The three most needed during recovery are the *branched-chain amino acids, leucine, isoleucine and valine.* MASTER OF SPORT has all the branched-chain amino acids your body needs for rapid recovery.

STRENGTH

Gymnasts must be strong without being bulky or fat. MASTER OF SPORT provides all the essential amino acids, vitamins and minerals necessary in maximizing your strength without adding extra bodyweight. PLUS, you get *gama-oryzanol*, an extract of rice bran oil, to assist in improving your strength-to-weight ratio. G.O., as it's called, helps your body to use its natural resources in promoting maximum strength without adding extra bulk.

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CALL FUTUREWAVE 1-800-552-EDGE

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ORANGE		24.95	
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BRANDY

Citing injuries and burnout, 17-year-old Brandy Johnson recently announced her retirement from competitive gymnastics. She traded in her hand grips and leotards for school books. Instead of eyeing an Olympic medal, she has her sights set on a college degree and her hopes pinned on sunny beach weather.

USGF Photo © Dave Black

Brandy Johnson definitely left her mark on gymnastics in the United States

On the competition floor she struck envy, and admiration, into the hearts of competitors Her charm and bubbly personality captured the hearts of fans across the globe. Her talent and ability earned respect of judges worldwide

Her competition results placed her among the best the U S has ever produced In 12 international competitions, which included the 1988 Olympic Games, 1989 World Championships and 1990 World Cup, she won 13 medals and three all-around titles—the 1989 McDonald's American Cup, the 1989 McDonald's Challenge USA-USSR, and the 1989 Cottbus Cup

She wrote herself into the U.S record book with her performance at both the 1989 World Championships and 1990 World Cup. At the

BY PATTI AUER

World Championships Brandy led the U.S. to its highest finish ever (fourth), tied for the highest all-around finish ever (seventh), and won a silver medal in the vault. At the 1990 World Cup, the last competition of a very successful career, her fifth place all-around finish is the highest place ever achieved in this event by a U.S. gymnast.

On the national scene she was formidable. Winner of 10 national events, including the 1987 U.S. Junior National Championships, the 1989 U.S. Challenge, 1989 U.S. Senior National Championships and the 1990 Olympic Festival, she stood in a class by herself. Her victory at the 1989 U.S. Championships was proof of that. No one could catch her as she claimed the national title, outdistancing her closest competitor by nearly two points. As her floor music proclaimed, she was "Hot Stuff."

When Brandy entered gymnastics 10 years ago, it was to recuperate from surgery. Her doctor suggested that her parents place her in a tumbling class in an effort to increase flexibility. But, he warned them, don't be disappointed if she can barely master a sit-up. So Jerry and Kathy Johnson placed their youngest child in gymnastics.

Soon after those beginning tumbling classes, she became serious about the sport. Serious enough to move with her family from Tallahassee to Altamonte Springs, Fla. to train with Kevin Brown. She was also serious enough to pack her bags, leave her dad and brother, and move to Houston, Texas with her mom nine months before the 1988 Olympics for "boot camp" with Bela Karolyi.

"When I first started I wanted to be in the 1988 Olympics and be an internationally known gymnast," Brandy explained.

She not only made the Olympic squad that traveled to Seoul, South Korea (proving wrong those that told her she was too young), but became the highest placing U.S. gymnast, finishing 10th overall and fifth in the vault. For Brandy, the Olympics were the conclusion of a lifetime dream and the end result of years of sacrifice and hard work.

Brandy's competition results placed her among the best the U.S. has ever produced.

"I don't remember much about Ellen Berger (and the technical deduction that cost the U.S. the bronze medal). I remember the positive stuff — standing on the podium, waiting to salute the judges, looking into the bright lights that made your eyes twinkle and seeing all the American flags waving," Brandy recalled.

"After the 1988 Olympics I planned on quitting. But for some reason I stayed in it. The feelings from the Olympics were so great . . . seeing all those great gymnasts, like Shoushounova, right next to you. That's why I did so well in 1989. I won every meet but none were like the Olympics. I was trying to get that feeling back."

1990 was not so enjoyable for the Apopka, Fla. resident. Hindered by illness and injury, she finished a dismal 22nd at the 1990 McDonald's American Cup. But she stormed back to finish third at the 1990 U.S. Championships, winning the vault and floor titles. The 1990 Olympic Festival was her show, as she easily won, setting a Festival record in the process. And again, she returned to top form at the 1990 World Cup, netting the highest U.S. finish ever, placing fifth.

Many wonder, "Why quit now, after all this success, and with the 1991 McDonald's American Cup scheduled for Orlando, in your backyard?

"I think it's time to quit because of my injury (hip). It will take a long time to heal. I've made my goals. The 1992 Olympics were never a goal — they were an option. I've had my time, now the other girls can shine," she said from her home in Apopka.

"I don't have any regrets. If I had to do it all over again I would. I definitely think it has all been worth it. But I wouldn't have been satisfied if I had stayed and not done well."

BRANDY'S FUTURE PLANS

A college degree . . . no longer spending time in the gym, Brandy traded in her hand grips and leotard for school books. The 17 year-old is now attending classes at Seminole Junior College. With her eye on a possible T.V. career, she plans to major in communications.

Brandy Johnson with her fiancé Bill Scharpf.

Wedding bells . . . Brandy received a special Christmas gift this year . . . an engagement ring. The lucky guy? Universal Studios stunt man Bill Scharpf. The couple plans to tie the knot Feb. 14, 1993.

From competitor to performer . . . "I don't plan to leave the sport completely," Brandy explained. "I hope to do exhibitions and clinics. I want to give back to the sport, its opened a lot of doors for me."

LANCE RINGNALD

LEADER OF THE HIGH BAR

Lance Ringnald has won gold medals on high bar at five prestigious national and international events in 1990 alone. His coach, Ed Burch, said, "I feel that Lance is the leader of the high bar event. He is one of the best high bar workers in the world because he's very consistent and has the difficulty."

Lance Ringnald is only 20 years old but has already traveled to Switzerland, Germany, Belgium, Korea, Mexico, Canada, Japan, China and the Soviet Union. He's spent over half of his young life doing gymnastics and traveling around the world competing. And his perseverance is finally paying off because he's winning!

At his most recent competition, the DTB Pokal in Stuttgart, Germany, Lance tied for the gold medal on high bar and won the bronze medal on vault. This competition showcased many of the world's best gymnasts and Lance managed to bring home a gold medal, a feat which few U.S. gymnasts have ever accomplished.

"It was a really good meet for me," said Ringnald. "I went six for six routines and it felt great. I was last up on high bar, the last event, and I was leading from the preliminary round of competition. I took one hop on my dismount and this allowed Germany's Mike Beckman to tie me for the gold medal. I was also happy about vault because this was the first time I've done my Yurchenko full vault internationally."

However, this isn't the first time that Lance has excelled on high bar—in 1990 he received gold medals at the Goodwill Games, McDonald's American Cup, U.S. Championships, Olympic Cup and Canadian Cup.

Ringnald spends most of his time at Gold Cup Gymnastics training with coach Burch.

What makes his high bar routine so superb?

"Lance is the first gymnast in the U.S. to compete three immediate releases—Kovac to Pike, Tkatchev to Gienger," said Burch. "We went to the Soviet Union in 1987 and saw the Soviets doing it. Lance came back from the trip and learned it."

In addition to Lance's release moves he also has an incredible dismount—layout, double, double.

Coach Burch credits Lance with not procrastinating.

"He comes in the gym and turns a four hour workout into an hour-and-a-half workout," said Burch. "That's probably why he hasn't had many injuries. He takes care of his body. In all the years he's been with me, he's only had one minor knee injury."

Lance continues to work hard and improve. He's working numerous new skills such as a full twisting Kovac on high bar, double twisting Yurchenko on vault and a double, double on floor. However, since consistency is one of the keys to success in gymnastics, he'll be careful not to add the new skills until they are perfected.

As for Lance's future, he's currently attending a local college taking general courses with the hopes of studying communications.

"I want to stay involved in the sport," said Ringnald. "I would love to have a job like Mas Watanabe's and travel around the country helping gymnasts to improve. I would also like to commentate or coach."

Lance recently took a one week break from the gym, which doesn't sound like that big of a deal to most of us, but this was Lance's first real break since 1987.

"It did a lot for him mentally," Burch said. "Lance has been very consistent in the last few years. He's stayed at the top and has been preparing for the 1991 World Championships and the 1992 Olympic Games."

Lance has certainly been one of the leaders in U.S. men's gymnastics over the past few years and, with his perseverance, we're sure to see him at the top of the list at both the World Championships and Olympic Games.

USGF photo © Steve Black

BY LUAN PESZEK

LANCE RINGNALD

Birthday: 6/13/70
Age: 20
Birthplace: Des Moines, Iowa
Hometown: Albuquerque New Mexico
Club: Gold Cup Gymnastics
Coach: Ed Burch
Years in Gymnastics: 10
Favorite Event: high bar, floor exercise
Hobbies: remote control cars, making t-shirts

1990 International Competitions:
DTB Pokal, Stuttgart, Germany, 8th-AA, 1st-HB 3rd-V
Arthur Gander Memorial, Montreaux, Switzerland; 7th-AA
World Cup, Brussels, Belgium, 15th-AA
Goodwill Games, Seattle, Wash., 3rd-AA, 2nd-Team 1st(t)-HB, 3rd-PB, 4th-V, 8th-PH
U S Olympic Cup, Salt Lake City, Utah; 3rd-AA, 1st-HB, 2nd(t)-PB & V & R
China Cup, Beijing, China 8th AA, 2nd FX, 3rd V
Canadian Cup, Toronto, Ontario, Canada; 4th-AA, 1st HB, 3rd(t)-FX
McDonald's International Mixed Pairs, Villanova, Pa 1st-AA (paired with Kim Zmeskal)
McDonald's American Cup, Fairfax, Va ; 2nd(t)-AA & FX & R & PB, 1st(t)-HB
1990 National Competition
U S Gymnastics Championships, Denver, Colo.; 3rd-AA, 1st-V, 1st(t)-HB, 2nd(t)-PB, 3rd-FX

GYMNASTICS FLASH RESULTS

1991 McDONALD'S AMERICAN CUP RESULTS

Orlando, Florida,
February 22-23, 1991

MEN'S ALL-AROUND

Rank	Name	Country	AA
1	Trent Dimas	USA	58 250
2	Chris Waller	USA	57 800
3	Miguel Rubio	ESP	57 500
4	Curtis Hibbert	CAN	57 000
5	Andreas Wecker	FRG	56 900
6	Qiao Liang	CHN	56 400
7	Andrei Kan	URS	55 550
8	Daniel Giubellini	SUI	54 350

WOMEN'S ALL-AROUND

Rank	Name	Country	AA
1	Betty Okino	USA	39 787
2	Kim Zmeskal	USA	39 562
3	Liudmila Stobvtchataia	URS	38 274
4	Karine Boucher	FRA	38 149
5	Kylie Shadbolt	AUS	37 862
6	Sonia Fraguas	ESP	37.861
7	Zhang Xia	CHN	37.024
8	Stella Umeh	CAN	36 786

MEN'S EVENT FINALS WINNERS

Event	Name	Country	Score
FLOOR	Lance Ringnald	USA	9 75
POMMEL HORSE	Chris Waller	USA	9 80
RINGS	(T) Andreas Wecker	FRG	9 70
	(T) Miguel Rubio	ESP	9 70
VAULT	(T) Lance Ringnald	USA	9 70
	(T) Trent Dimas	USA	9.70
PARALLEL BARS	Andreas Wecker	FRG	9 85
HIGH BAR	(T) Trent Dimas	USA	9.75
	(T) Lance Ringnald	USA	9.75

WOMEN'S EVENT FINALS WINNERS

Event	Name	Country	Score
VAULT	Betty Okino	USA	9.937
UNEVEN BARS	Betty Okino	USA	9 825
BEAM	(T) Shannon Miller	USA	9 887
	(T) Kim Zmeskal	USA	9 887
FLOOR	Kim Zmeskal	USA	9 912

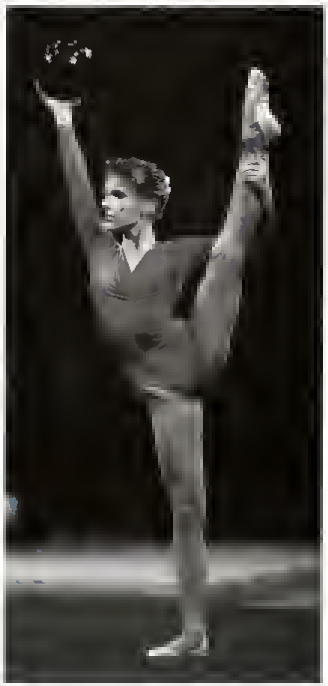
Coverage of the 1991 McDonald's American Cup will follow in the May/June issue of *USA GYMNASTICS*

U.S. RHYTHMIC GYMNASTICS CHALLENGE

Colorado Springs, Colorado,
February 15-16, 1991

INDIVIDUAL/ALL-AROUND SCORES

Place	Name	Rope	Hoop	Ball	Clubs	Ribbon	AA
1.	Christy Neuman	9.00	9 05	9 20	9.30	9 00	45.55
2	Diane Simpson	8 85	9 15	9 00	9.15	9 25	45 40
2	Naomi Hewitt Couturier	9.20	9 00	9 10	9 05	9 05	45 40
4	Caroline Hunt	8 65	8 80	8 90	9.15	9 00	44 50
5.	Jenifer Lovell	8.80	8 70	9.10	8 75	8 80	44 15
6	Bianca Sapetto	8.65	8 75	8 70	9 00	8 90	44 00
6.	Franca Abbatiello	8.75	8 65	8.75	9.05	8 80	44 00
8	Kristl Alt	8 90	8 85	8 50	8.65	8 85	43 75
9.	Jennifer Haase	8 80	9 10	8 30	8.35	9 00	43 55
10	Ingrid Knight	8 75	8 65	8 80	8.75	8 55	43 50



Christy Neuman

Coverage of the U.S. Rhythmic Gymnastics Challenge will follow in the May/June issue of USA GYMNASTICS

1991 MEN'S NCAA PREVIEW

BY JIM HOLT

The 1991 Men's NCAA Championships, taking place April 18-20 at Penn State, promises to be one of the closest and hardest fought in the meet's 49 year history. Nittany Lion Coach-emeritus Gene Wettstone is orchestrating this event around the theme, "The Best Years of Our Lives," and the competition promises to provide spectacular gymnastics. Virtually anyone of a dozen teams could concervably challenge for and capture the team title.

PENN STATE

Penn State, coached by Karl Schier and Randy Jepson, has their usual depth and quality. Senior Mark Sohn attempts to win his fourth consecutive title on pommel horse (four titles on one event has only been done once before in NCAA history) and Junior Wayne Cowden hopes to defend his 1990 rings title.

UNIVERSITY OF MINNESOTA

Fred Roethlisberger and Russ Fystrom's Minnesota Golden Gophers fell one tenth short of the team title a year ago and return to contend strongly in 1991. Led by 1990 U.S. National Champion John Roethlisberger, the Gophers are strong, disciplined, and deep, Leif Carlson, Rob Hansen and Jay Caputo are mainstays and freshman Bo Haun will contribute strongly.

OHIO STATE

Another force in the East is Peter Kormann's crew at Ohio State. Although the Buckeyes lost Mike Racanelli to graduation, they return a solid core led by Jim Knopp, Rusty Schillinger and Adam Cooper. OSU is also bolstered by freshman Kip Simons.

UNIVERSITY OF IOWA

A third Big-10 squad that will be competitive nationally is the University of Iowa. Tom Dunn and Mike Burn's Hawkeyes were fourth in Minneapolis a year ago, and have a veteran squad anchored by Paul Bautel and Chris Kabat. The Hawkeyes also have freshman Garry Denk, who popped up at Winter Nationals with brand new compulsories and some solid optionals.

UNIVERSITY OF OKLAHOMA

Sixth in 1990, Oklahoma lost only three of 36 routines to graduation. Jarrod Hanks, Jeff Lutz, Brian Halstead and Marcus Jordan provide formidable firepower for coach Greg Buwick. Their ranks are bolstered by Ric Swezey and 1990 Class I Champion Tom Meadows.

USGF Photo © Peter Black

Jarrod Hanks will provide formidable firepower for the University of Oklahoma.

Right: UCLA's Scott Keswick will help his team surpass its third place finish at the 1990 NCAA Championships.

UNIVERSITY OF NEBRASKA

Defending champion Nebraska has been hard hit by graduation, however, don't discount the Cornhuskers. Francis Allen and Jim Howard may be rebuilding, but have won more National Championships (seven) and produced more Olympians (eight) than anyone but Wettstone Ted Dimas, Brad Bryan, Josh Saegert and newcomers Sumner Darling, Che Bowers, Burkett Powell and Dennis Harrison will find a way to be competitive.

STANFORD

Sadao Hamada's Cardinals return Jair Lynch, Jeff Bender, Shawn Adamek and Tim Wang. In addition, the Cardinal ranks have been bolstered by the addition of Mark Booth, along with Chris Sey, Jason Cohen and Steve Hutchings. If former U.S. Champion Tim Ryan is healthy and ready to go, this is a team with impressive depth that could win it all.

ARIZONA STATE UNIVERSITY

ASU, coached by Don Robinson and Scott Barclay, mixes and matches their personnel with flair. Jody Newman, the 1989 floor champion, returns from redshirt, Mexican national champion Lucurgo Diaz-Sandi is a threat for All-American honors, and Christian Rhode attempts to make finals in pommel horse for the third consecutive season. Paul Bedewi, Chris Smith and Geoff Eaton will also contribute.

UCLA

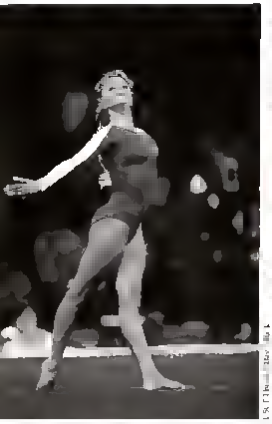
UCLA, coached by Art Shurlock and Yefim Furman, finished third at Nationals in 1990 and will again contend for team finals. Scott Keswick and Chaney Umphrey are U.S National Team heavy hitters and the Bruins also have Brad Hayashi, 1990 vault champ, Terry Notary, Jason Garman, Isidro Ibarrando, Brandy and Rob Prins and Greg Umphrey to provide punch.

LONG SHOTS

The University of Wisconsin, University of California-Fullerton and the University of Illinois are all long shots at the team title. Other individuals who will vie for honors during the 1991 season include University of California's Mark Feingold, and HBU's Mike Williams. Temple's rising star, Bill Roth, will mount a serious challenge for the NCAA all-around title. BYU's Jason Brown and Darren Elg bear watching, while New Mexico's Luis Lopez, a Goodwill Games competitor for his native Mexico, finished fifth in the all-around at NCAA's a year ago.

1991 WOMEN'S NCAA PREVIEW

The Southeastern Conference may be the toughest in the country—out of the top five teams at the 1990 NCAA Championships, three came from the Southeastern Conference. These powerhouse teams include Alabama, Georgia and Louisiana State. However, Florida is another Southeastern Conference team that may move up in the rankings in 1991



Former Olympian, Missy Marlowe, will help the 1990 National Champions from the University of Utah regain their title

UTAH

Utah dominated the early years of the women's championships, and reascended the throne in 1990 The Lady Ute's, coached by Greg Marsden, are loaded for 1991 and are looking to repeat; Shelly Schaerrer and Kristin Kenoyer finished second and third in the all-around in Corvallis, at the 1990 NCAA Championships and Missy Marlowe was an '88 Olympian.

Robin Richter, former U.S. national team member, will join the Cornhuskers at the University of Nebraska.

ALABAMA

Sarah Patterson's Crimson Tide won the Championships title in 1988 and hope to do so once again The Tide finished second last year, are ranked #2 in the early polls, and return all-around champion Dee Dee Foster Other top gymnasts for the Crimson Tide are Dana Dobransky and Kim Masters Additionally, 'Bama has the advantage of being hosts for the meet—don't discount home crowd advantage at this level!

GEORGIA

Susan Yoculan's Lady Bulldogs won the title two years ago in 1989 and placed third in 1990. Heather Stepp, former Olympian Hope Spivey and Kelly Massey should help Georgia to finish on top

LOUISIANA STATE

D-D Pollock has some thoroughbreds in her stable including Rachelle Fruge and Jami Snopek. The Tigers placed sixth in 1990 Having former U.S National Team Members Dan and Dennis Hayden as assistants has added some skills and confidence to the team

FLORIDA

Ernestine Weaver has fashioned a power at Florida. The Gators have a young team with six freshmen However, the team should be strong with the following: Christina McDonald, 1988 Canadian Olympic Team Member, Pam Titus, All-American on floor, Tracy Wilson, All-American on beam; Lynette Wittmeier, Kia Ellis, Jocelyn

Rathbun, former Canadian National Team Member, and former U S National Team Member, Lisa Panzironi

NEBRASKA

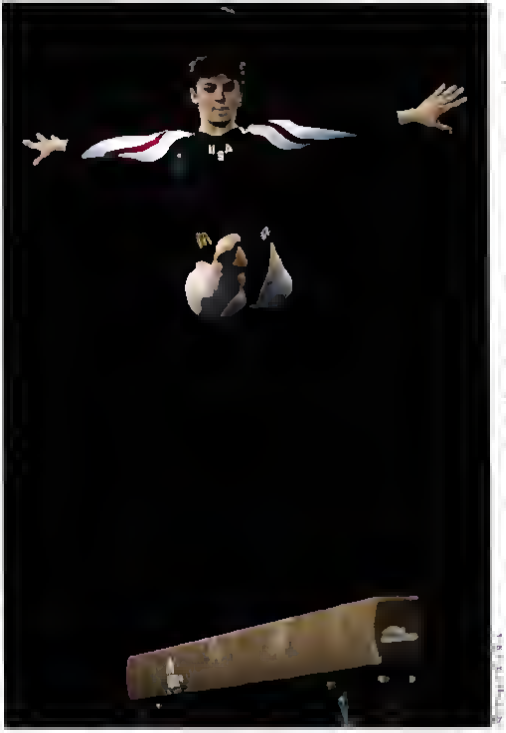
Rick Walton's classy Lady Cornhuskers are favored to make the top 10. Over the last few years, Nebraska has been dominated by juniors and seniors, but this year, the Cornhuskers will be a predominantly freshman team with six freshmen, two sophomores and two seniors. Look for former U S National Team Member Robin Richter, Shelly Pendley and new comer Cindy Carvajal to blossom in Lincoln this year.

OHIO STATE

The Buckeyes coached by Larry Cox, were in the top 10 at last year's NCAA Championships. This year watch for Claire Wilson, Tracie Halstead and Lori Dubick to lead the Buckeyes.

ARIZONA STATE

Out West, Arizona State, coached by John Spini, has some talent including Kelly Cyskiewicz, Christine Belotti and Mindi Jones



Chari Knight, current U.S. national team member, will help put Oregon State in the forefront for national honors.

ARIZONA

Jim Gault's Wildcats will be solid national contenders with Beth Hansen, Anna Basaldua & Kristi Gunning

FULLERTON

Under long-time mentor Lynn Rogers, Fullerton always seems to grab a top 10 ranking as well

OTHER CONTENDERS

Some changes have taken place at Washington and UCLA Bob Levesque succeeds Bob Ito during a rebuilding phase for the Huskies, and Val Kondos now heads the Bruins, who finished 2nd, 2nd, 3rd, 2nd, and 4th in the NCAAs

The Huskies return junior Lisa Churchill and sophomores Jennifer Callow and Trisha Kubota. UCLA boasts Olympian Rhonda Faehn and former National Team Member Carol Ulrich (5th in the all-around at the 1990 NCAA Championships) as the marquee names for the '91 edition

A darkhorse to win it all, Oregon State has fashioned a deep and solid program, (and a nice classroom GPA of 3.55 too). Coaches Jim Turpin, Dick Foxal and Jill Hicks always have wiry, extremely well-conditioned athletes. This year, Joy Selig (2 event gold medals in 1990) returns, and USGF National Team member Chari Knight will provide the firepower that will put the Beavers in the forefront for national honors

Towson State, coached by Linda Lamonica, is also expected to finish in the top 10

OKINO WINS RECONTRE BEAUCAIRE WOMEN'S COMPETITION

The U.S.'s Betty Okino and Kim Zmeskal won the gold and silver medals in the all-around in Beaucaire, France on December 10-17. From Karolyi's Gymnastics in Houston, Texas, Okino scored 78.525 and Zmeskal scored 78.250.

Romania's Gina Gogean earned the bronze medal in the all-around with a score of 77.950.

Although the U.S. team led by eight tenths after the compulsory round of competition, the Romanian team edged out the U.S. by a slight margin in the combined compulsory/optional team score —387.30 to 386.95. Canada took third with 380.925 and France scored 377.550.

Rumor had it that the Romanian team was desperate for the win due to the turmoil in their country. After the compulsory round of competition, when the Romanian team found itself losing to the U.S., they had an extra long workout a few hours before the optional competition was to begin.

During event finals competition, Lavina Milosovici from Romania earned the gold on vault and bars. Okino earned the gold medal on beam and Zmeskal took top honors on the floor exercise event.

Okino also earned the silver medal on bars and Zmeskal took the bronze on beam.

Both Okino and Zmeskal should be highly commended for their stamina. Both gymnasts competed in two competitions prior to this one and had been on the road for two weeks.

Other U.S. team members who turned in fine performances were. Karolyi's Chelle Stack, Kerri Strug, Hilary Grivich and Larissa Fontaine, from American Academy of Gymnastics.

The delegation also consisted of judges Cheryl Hamilton and Maria DeCristoforo, trainer Deb Van Horn and coaches Leonard Isaacs and Martha Karolyi.

Betty Okino earned the gold medal in the all-around and on beam.

JOAQUIM BLUME MEMORIAL COMPETITION

By Joanne Aschenbrenner

Barcelona, Spain, future host of the 1992 Olympic Games, was the site of the Joaquim Blume Memorial Competition. Twenty-one countries competed December 1-2 in the inauguration of the beautiful gymnastics Olympic Venue—The Palau Sant Jordi.

U.S. gymnasts were Scott Keswick and Chris Waller from UCLA, and Betty Okino and Kim Zmeskal from Karolyi's Gymnastics. Art Shurlock of UCLA and Bela Karolyi served as U.S. coaches. Jack Beckner was the men's judge and Joanne Aschenbrenner was the women's judge and delegation leader.

In the men's competition, the Soviet Union captured all first place honors. Vitaly Scherbo was first all-around, as well as first on floor, vault and bars. He was followed by teammates Alexander Kolivanov, first on side horse and high bar, and Grigori Misiutin first on rings. Chris Waller was eighth all-around, fifth on pommel horse, and third on high bar. Scott Keswick finished 13th all-around, eighth on parallel bars and fifth on floor.

The Soviet Union's Svetlana Boguinskaia was in top form taking first all-around as well as first on vault, bars and beam, while Eva Rueda from Spain took first on floor. Betty Okino placed fifth all-around, sixth on vault, 12th on bars, fifth on beam and seventh on floor. Teammate, Kim Zmeskal was sixth all-around, ninth on vault, 13th on bars, third on beam and sixth on floor.

CHUNICHI CUP & TOKYO CUP

By Jeff Koodin

The land of the rising sun provided a wonderful setting for the 21st annual Chunichi Cup and Tokyo Cup competitions.

The U.S. sent excellent representatives to this prestigious competition including Elisabeth Crandall from Desert Devils in Scottsdale, Ariz.; Kim Kelly from Parkettes in Allentown, Pa., Trent Dimas from Gold Cup in Albuquerque, N.M.; and Mark Warburton from the University of Nebraska. The coaches included: Sadao Hamada from Stanford University, Jon Aitken from Desert Devils and John Holman from Parkettes. Judy Schalk was the women's judge and Jeff Koodin was the men's judge and delegation leader.

The Chunichi Cup was a two-day competition with the first day being all-around competition. The top eight gymnasts in the all-around from the first day qualified for the next day's competition. Scores did not carry over, therefore, the second day of competition was new life.

Twelve countries were represented at the meet—Australia, Canada, China, Czechoslovakia, Germany, Hungary, Italy, Japan, Korea, Romania, Soviet Union and the United States.

The U.S. did well in the competition with Dimas earning fifth in the all-around with a score of 56.90 and Crandall tying for sixth in the all-around with a 38.80.

For the women, Svetlana Boguinskaia from the Soviet Union took the gold medal in the all-around with 39.650 while her teammate, Tatiana Lisenko, won the silver with 39.400. The bronze medal went to Hungary's Henrietta Onodi with 39.25.

For the men, the Soviet Union's Vitali Scherbo and Alexander Kolivanov earned the gold and silver medals with 58.65 and 58.15, respectively. The bronze medal went to Japan's Toshiharu Sato with 58.00.

The top eight countries on each event from the Chunichi Cup qualified for the Tokyo Cup with only one competitor from each country allowed to compete per event. A competitor was not allowed to compete in more than three events for men or two events for women.

Dimas had a great competition, earning the silver medal on high bar with a score of 9.725. He also placed sixth on floor and seventh on vault.

Trent Dimas earned the silver medal on high bar at the Tokyo Cup

Warburton also did very well earning fifth on rings, seventh on pommel horse and seventh on parallel bars.

The floor exercise event was won by Scherbo with a score of 9.862. Japan's Hikaru Tanaka took top honors on pommels with a 9.80.

The rings and vaulting events were awarded to Korea's You Ok Youl with scores of 9.725 and 9.787, respectively.

Parallel bars went to China's Ma Jin with a 9.712 and the gold medal on high bar was awarded to Germany's Walther Oliver with his score of 9.737.

For the women, Boguinskaia won the vault event with 9.875. The U.S.'s Kim Kelly placed sixth on vault with a 9.450.

Not much distance separated the top three finishers on bars. Lisenko won the event with a 9.875 followed by China's Jia Guo with 9.85 and Crandall earned the bronze medal with 9.825.

Romania's Vanda Hadarean earned first on beam with 9.80 and Boguinskaia won floor with 9.95. Crandall placed seventh on floor with 9.725.

Elisabeth Crandall tied for sixth all-around at the Chunichi Cup.

USGF Photo © Dave Black

THE LAST HURRAH

BY DEBBIE REAM

Familiar faces of the gymnastics world appreciate a job well-done at the 1976 Olympic Trials held at Penn State University. Wettstone served as manager to the Montreal-bound team.

Ever since Gene Wettstone arrived at Penn State in 1938, capacity crowds in Recreation Hall have been treated to heart-pounding, flag-waving, music-filled gymnastics competitions. "Gymnastics needs pom-poms and rooting sections and bands and noise," says Wettstone. "It needs people who will promote spectators and not just worry about winning."

Wettstone extravaganzas would be hard to match even under a circus tent "If Gene had been born 50 years earlier," former Penn State Athletic Director Ed Czejak once said, "nobody would have heard of P.T. Barnum."

To Wettstone, gymnastics is an art, and as such, deserves the finest showmanship and performance he can offer Waving flags, lively music, dancers, colorful profusions of flowers and trees all mark a Wettstone-organized meet Luckily, fans will have one last chance to witness this glory. The Penn State Athletic Department has requested that Wettstone come out of retirement to direct the 1991 NCAA Men's Gymnastics Championships in April at Penn State.

For this encore presentation, Wettstone will be pulling out all the stops Like a gymnastics routine on a larger scale, rhythm, timing, perfection and music will be a part of his performance—but the audience will be the judge. And Wettstone has never let an audience down.

"This year's theme is 'The Best Years of Our Lives,'" he says, staring out at his backyard garden still lively with color in September. "It's a story about the college years for alumni—the 'Golden Days' and happy youth" Ballads from Sigmund Romberg's The Student Prince will be performed by the Penn State Concert Band

Files are strewn across his dining room table with information from past national

championships, marked with his own improvements For this year's championships he's already sent dozens of letters, arranged for dancers, brochures, and music He's even helped to set up bus trips for Pennsylvania sports enthusiasts to enjoy the Penn State Blue and White football game Saturday afternoon and gymnastics finals Saturday evening

It's not unusual for Wettstone to begin preparation for these competitions months in advance He works out every detail, from competition rotations to the flags hanging in the gym Directions for meet workers are typed out to the very minute, and the competition always runs like the many parts of a fine watch keeping perfect time

But, then, Wettstone has had lots of practice

When he came to Penn State in 1938, the men's team had a sorry-looking record of six wins and 22 losses Wettstone went to work, not only on the team, but on the crowd "Something that will keep people interested for more than one hour has to be special and meaningful, something well-planned so that each minute is significant," says Wettstone. He still feels that the gymnastics spectator is the stockholder of gymnastics and the gymnasts, coaches, judges and other participants are the salespeople of the sport.

"I can remember the days when I could count the people in the stands," says three-time Olympian Frank Cumiskey Cumiskey is one of several men invited to be honored in this year's tribute to the "Heroes of Gymnastics," a salute to individuals who have contributed to the development of NCAA gymnastics.

These heroes, however, won't be able to count gymnastics buffs Since the early 1950's, Wettstone's productions have sold out a month in advance Standing room only is the norm in the 6,800-capacity arena

Always the promoter, Wettstone initially got crowds interested in gymnastics by organizing the "Penn State Circus," held annually in Rec Hall before World War II He took trips to New York to photograph circus performers and equipment, then brought the high-wire acts, trapeze, jugglers—the works—back to Rec Hall "We'd do all sorts of stuff way up in the rafters without safety nets," he says "We were crazy" Although these performances served to build the gymnastics team and lure crowds, the acrobatic shows came to an end "We got some injuries and it got a little ridiculous, so we quit"

Wettstone's enthusiasm spread to the fans, but also gained him international recognition Although chosen as Olympic coach for the 1948 Games in London and the 1956 Games in Melbourne, it wasn't all glory "This is me on the USS America with the 1948 Olympic Team," he reminisces while looking at one of the many black and white, elaborately framed photos on his wood-paneled basement wall

He looks much the same today as he did then Tall and slim with fine silver hair combed neatly back, he lifts his chin so he can peer through his bifocals The ship's deck had been converted to an outdoor gymnasium Seems Wettstone didn't want his boys to get out of shape on their journey to England On the boat trip to Melbourne he complained that the food was too good, causing his gymnasts (and himself) to put on weight.

Finding Wettstone's file in the Penn State Sports Information archives was like finding a jewel in the bottom of a Cracker Jack box I can remember as a little girl getting all dressed up and going to Wettstone extravaganzas, from which my dad helped me keep a scrapbook of programs, clippings and autographs But I never got Wettstone's autograph Wettstone was the man that you would see everywhere you looked, but when you looked for him he was nowhere to be found He was the omnipresent clock winder

"It's the gymnasts who should get the credit," Wettstone once said "I prefer to play second fiddle Gymnastics takes so much time and effort with no future of financial gain, that I really like the boys to get the limelight, and I don't want to take their glory away from them"

This year's tribute to the Heroes of Gymnastics will include Olympians, coaches, authors, publishers, and judges—men who have contributed to the development of competitive college and international gymnastics in America Wettstone has been almost all these things; maybe this time the man behind the scenes will at least take a bow.

Wettstone catches a glimpse of a routine while seeing to the details that keep an international competition running smoothly.

A FEW OF WETTSTONE'S MANY ACHIEVEMENTS:

1937 - Graduated from State University of Iowa having twice won Big 10 All-Around
1938 - received Master's Degree from SUI
1938-1976 – Penn State Men's Gymnastics Coach
1947 – Cuban Olympic Coach
1948 – U S Olympic Coach - London
1948, 1952, 1956—Organized and directed Olympic Trials
1952, 1968 – Olympic Judge - Helsinki, Mexico City
1960, 1962 – NCAA Coach of the Year
1970 – World Games Coach
1976 – U S Olympic Team Manager - Montreal
1981 – Organized and directed Eastern Regional and NCAA National Women's Championships
1983 – Organized and directed Men's NCAA National Championships

COACHING ACCOMPLISHMENTS:

Won nine NCAA Team Championships, 24 individual titles, coached 12 Olympians and three Nissen Award Winners

GYMNASTICS SCULPTURES DONATED

Dick Bertea, the first and current President of the National Gymnastics Foundation, donated two elegant and unique sculptures to the USGF's Executive Offices in Indianapolis, Ind

One sculpture is a male gymnast on the parallel bars and the other sculpture is a female gymnast on the balance beam

Dick, the co-commissioner (with his wife Hyla) at the 1984 Olympic Games for artistic and rhythmic gymnastics, has helped the USGF on many occasions and continues to give generous contributions

The USGF is very fortunate to have someone like Dick involved with our sport His expertise in business, sports and leadership are great assets to our organization.

Thanks to both Dick and Hyla The sculptures are beautiful additions to the USGF office

EVENT RESULTS

SWISS CUP, ARTHUR GANDER MEMORIAL AND THE DTB POKAL

By Linda Chencinski

Lance Ringnald, Betty Okino and Kim Zmeskal were excellent representatives for the U S at three recent international competitions

The Swiss Cup in Zurich, the Arthur Gander Memorial in Chiasso and the DTB Pokal in Stuttgart, were all attended by the Soviet Union, Hungary, Romania, Switzerland, Korea, China, Great Britain, Japan, Bulgaria, Italy and the United States

The Swiss Cup is based on a mixed pairs format. Ringnald, from Gold Cup Gymnastics, was paired with a Swiss gymnast, since the U S did not send a female gymnast Lance scored 9 5 on parallel bars and 9 55 on vault, but he and his partner were eliminated after the second round. The competition was won by the Soviet pair made up of Natalia Laschenova and Valeri Belenky.

Kim Zmeskal, Lance Ringnald and Betty Okino

During the second competition, Arthur Gander Memorial, Okino earned the silver medal in the all-around with a score of 39 275, barely defeated by the Soviet Union's Laschenova with a 39 425 The bronze medal was awarded to Zmeskal with a 39.10. Okino and Zmeskal are both from Karolyi's Gymnastics.

In the men's competition, Yuri Chechi from Italy won the gold medal with a 58.05, followed by Belenky with 57 65 and Japan's Nakamura Yoshikazu with 57 50 Ringnald scored 56 80 for seventh in the all-around.

The next and last competition was the DTB Pokal The first day of competition determined the all-around winners and the finalists for each event. Hungary's Henrietta Onodi scored 39 586 to win the all-around Onodi was extremely consistent with her lowest score being 9 862 on beam.

Okino was a close second with a score of 39 561 This competition was the first time any gymnast has performed a triple turn on the beam at a major international competition. The judges were duly impressed and scored Betty's beam routine a 9 887

The bronze medal in the all-around went to Laschenova with a 39 487 Romania's Christina Bontas placed fourth with 39 462 and Zmeskal placed fifth with 39 349

Both Okino and Zmeskal qualified for all four events, but coach Bela Karolyi decided they would compete every event except vault

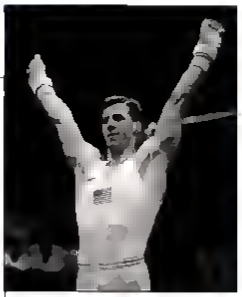
Okino won bars with 9 90 She then moved to beam and the judges were waiting to see if she could duplicate the triple turn she had done so well in preliminaries Okino didn't disappoint them—she nailed the triple turn, as well as the rest of her routine, for a 9 90 She tied Laschenova for the gold medal on beam. Okino scored a 9 875 on floor for the bronze medal

In the men's all-around competition, Ringnald placed 8th and qualified to high bar and vault finals He earned the bronze medal on his Yurchenko layout full vault During the last event, high bar, Ringnald was magnificent His back-to-back release moves in the beginning of the routine were sky high and he finished in the same manner Ringnald tied for the gold medal on high bar with Germany's Mike Beckmann, scoring a 9 725.

NCAA TODAY'S TOP SIX AWARD WINNERS

The NCAA Honors Committee searches through numerous nominations for the finalists of the Today's Top Six awards. Selection is based 50 percent on athletic ability, 25 percent on academic achievement and 25 percent on character, leadership and activities.

This year, two of the six finalists are gymnasts. Patrick Kirksey from the University of Nebraska-Lincoln and Marie Roethlisberger from the University of Minnesota-Twin Cities.



Patrick Kirksey and Marie Roethlisberger

Here are a few of their accomplishments:

Kirksey took top honors on the parallel bars at the 1990 NCAA Championships and helped Nebraska win the team title. He was the all-around champion in 1989 and won Big Eight Conference titles during his career, including five of the championships' seven individual titles in 1990. Kirksey received a degree in finance and had a grade-point average of 3.632.

Roethlisberger won the bars event at the 1990 NCAA Championships. She won seven Big Ten Conference titles during her career. She has been a national team member and was an alternate on the 1984 Olympic team. Roethlisberger had a 3.680 grade-point average and earned degrees in biochemistry and premedicine. She also received the first Honda Inspiration Award, which is given to an athlete who has overcome significant personal adversity to achieve excellence in academics and athletics. Roethlisberger has a hearing impairment that she contracted when she was 2 years old.

WGC WOMEN'S SELECTION PROCEDURES

I. QUALIFICATION

A. Qualification to the Championships of the USA is through the USGF Elite Regional Meets and then the USGF American Classic (top six (6) AA) or U.S. Classic (top eighteen (18) AA)

1. The American Classic is scheduled November 2-4, 1990 in Phoenix, Arizona

2. The U.S. Classic is scheduled May 15-19, 1991 in Long Beach, California

B. The top ten (10) gymnasts from the 1990 Championships of the USA will automatically qualify into the 1991 Championships of the USA.

C. The All-Around score for the American Classic, the U.S. Classic, USA Championships, and the World Championships Trials will be determined by combining Elite Compulsory exercises (60%) and Optional exercises (40%).

D. Based on the All-Around results from the 1991 Championships of the USA (combined compulsory (60%) and optional (40%) total), the top fourteen (14) gymnasts will qualify into the Final World Championships Trials.

E. The 1991 Championships of the USA are scheduled June 7-9, 1991 in Cincinnati, Ohio.

F. Injury petitions to the Championships of the USA will be accepted for consideration by the Elite Technical Committee.

II. FINAL WORLD CHAMPIONSHIPS TRIALS

A. The Final World Championships Trials are scheduled for August 1991 (site and date to be determined)

B. All-Around competition at the Final World Championships Trials will be Olympic compulsory (60%) and optional (40%) exercises

C. Petitions to enter the Final World Championships Trials will be accepted with regard to injury, illness, or representing the USA in an international competition during the same time period as Championships of the USA

III. TEAM SELECTION

A. The All-Around scores from the Championships of the USA will count 30 percent (3/10) and the All-Around scores from the Final World Championships Trials will count 70 percent (7/10) in determining an individual's Combined Final Ranking (10/10) for the World Championships Team Selection.

B. The top (8) athletes in rank order from the Combined Final Ranking will constitute the Team.

C. According to the FIG Technical Reglement and the USGF policy, six (6) competing gymnasts and two (2) traveling alternates constitute the official team.

D. Final determination of the (6) competing athletes will be made by the World Championships Coaching Staff and the athlete's representative according to the following procedures

IV. WORLD CHAMPIONSHIPS TEAM CRITERIA

1. The ability to perform full optional and compulsory routines
2. Freedom from injury
3. Competitive consistency during training and international competition
4. Mental readiness
5. Physiological readiness
6. Proper attitude, team support and spirit

To be eligible to vote in the final selection, each voter must be present at the Championships of the USA, the World Championships Trials and all subsequent training and competition.

In order to maintain a minimum of eight (8) gymnasts, replacement due to injury to one of the top eight (8) gymnasts will occur in rank order from the Combined Ranking

E. If a gymnast is injured after the Championships of the USA, her injury is verified by a neutral doctor, and her injury petition is then accepted, her Championships of the USA score will be multiplied by (10/10). This score is entered into the All-Around results prior to the start of the Final World Championships Trial competition

If a gymnast does not compete in the Championships of the USA, her injury is verified by a neutral doctor, and her injury petition is accepted, her score obtained in the Final World Championships Trials (multiplied by 10/10) will permit the gymnast to be ranked in the final selection of the 1991 World Championships Team

In either case, a gymnast that competes in either Championships of the USA or Final World Championships Trials, but not both, must also be in the top four (4) of the meet in which she competed, as well as her All-Around score placing her in the top four (4) of the Combined Final Ranking

If the above occurs, a tie for fourth place will not be broken. The tied gymnasts will be included in the Team.

Three additional athletes in rank order will constitute the official team.

F. Petition onto the 1991 World Championships Team will be accepted for consideration only in the case of illness or injury which prevented the gymnast from competing in or finishing the Championships of the USA and the World Championships Trials. The gymnast(s) must have placed #1 or #2 in either of the Classics or must have been a member of the Goodwill Games Team or the 1991 World Cup, where she ranked in either the top three (3) individual events or the top six (6) All-Around.

Petitions will be considered by the Elite Technical Committee. A simple majority of votes cast is necessary to approve a petition

Any approved petition(s) will be in addition to the top eight (8) All-Around from the Combined Final Ranking

USGF REPORT

SIGNAGE

continued from page 7

5.) The sponsorship fee MUST accompany the Limited Sponsorship Agreement in order for the signage opportunity to be approved. If the value includes merchandise, services or "in-kind" contributions, then the company must send an invoice which documents the actual value.

6.) The Limited Sponsorship Agreement will be a binding legal document between three parties: the USGF, the athlete and/or club, and the commercial business or enterprise. The length of the terms (one year, two years, etc.) is to be negotiated between the athlete and/or club and the commercial business or enterprise.

7.) Please be advised that no commercial sponsors will be permitted in the following categories.

A. Those in which the USGF already has a national sponsor (example: McDonald's—Quick Service Restaurant category).
B. No alcoholic beverage companies will be allowed.
C. No tobacco products will be allowed.
D. No sex products (example: condoms) will be allowed.
E. Any other commercial entity that either conflicts with, or is not in the best interest of, the USGF or the sport of gymnastics.

8.) Enforcement and Penalties:

A. If the uniform signage has not been approved by the USGF and a signed Limited Sponsorship Agreement is not in place, the following action will be taken.

1. At the competition, the athlete must remove or cover the signage identification in order to be allowed to compete. Failure to do so will result in the athlete's disqualification from the competition, and the athlete will not be allowed to participate.
2. If the gymnast has participated in any or all of the competition before the signage infraction is discovered, the gymnast will not be allowed to continue to participate in the competition, and will forfeit all qualification scores and awards.

B. Meet Directors at USGF sanctioned meets are responsible for reporting to the USGF Marketing Department any names of athletes and the type of uniform signage displayed by athletes participating in their meet. If an athlete has worn uniform signage not approved by the USGF in advance, they will be disqualified and all qualification scores and awards will be forfeited.

C. Any unauthorized changes made in uniform signage on the competition attire or accessories during the course of the competition will entail the disqualification of the team and/or an individual gymnast, as the case may be.

D. In the event of a refusal to comply with any of the requirements, the team or athlete concerned will not be allowed to participate in the competition.

E. All signage (uniform, event sponsor, etc.) is subject to final approval by the signage and practices division of the T.V. Broadcaster.

9.) NCAA Eligibility and Restrictions:

All gymnasts desiring to protect their NCAA eligibility are urged to consult the current NCAA manual and call the NCAA Legislative Services (913/339-1906) to determine whether the use of uniform signage will jeopardize the athlete's NCAA eligibility. The NCAA rules are generally more restrictive than USGF eligibility rules.

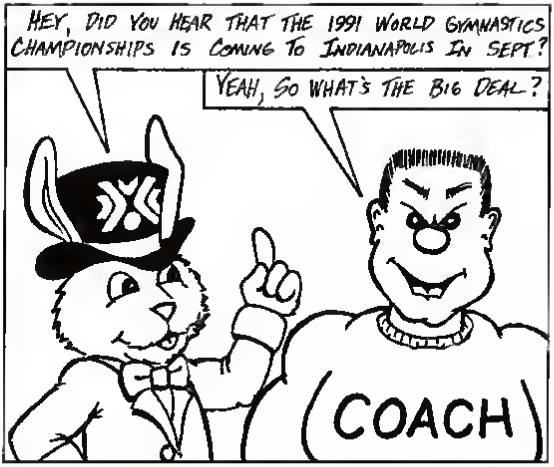
For more information on this program contact Cheryl Grace or Kim Clayton at the USGF office (317) 237-5050.

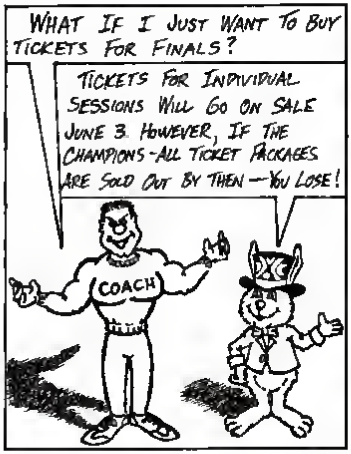
1991 WORLD GYMNASTICS CHAMPIONSHIPS
INDIANAPOLIS SEPTEMBER 6-15

TALK WITH TUMBLES

THE A,B,C's OF THE WORLD GYMNASTICS CHAMPIONSHIPS

FEATURING TUMBLES THE MASCOT!

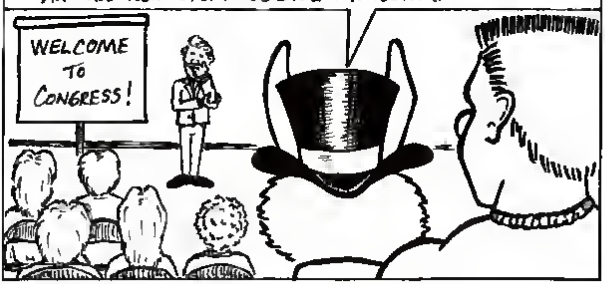




NOW WHAT ABOUT THE USGF CONGRESS?

CONGRESS IS GOING TO BE HELD ON SEPTEMBER 12-14, THE LAST THURS, FRI + SAT OF THE COMPETITION. IT WILL FEATURE:

- LECTURES / DEMONSTRATIONS BY NATIONAL + INTERNATIONAL COACHES / JUDGES.
- EXHIBITOR'S HALL
- AN ALL NEW SPORT SCIENCE SYMPOSIUM.



HOW MUCH DOES CONGRESS COST?

WE HAVE A SPECIAL DEAL FOR YOU! IF YOU ARE A PROFESSIONAL MEMBER AND PURCHASE A CHAMPIONS-ALL TICKET PACKAGE THEN YOU ARE ELIGIBLE TO PURCHASE CLUB FOR ONLY $91.

- SELECTS THE TEAMS FOR '92 OLYMPICS.
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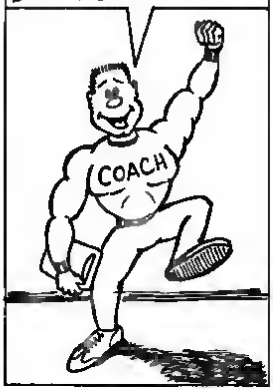
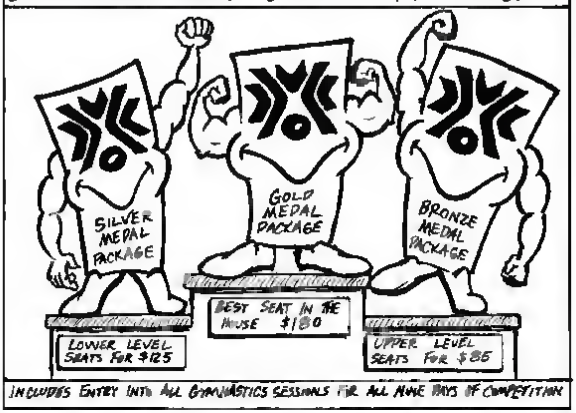
WOW! OK, I'M INTERESTED, SO HOW DO I GET TICKETS?



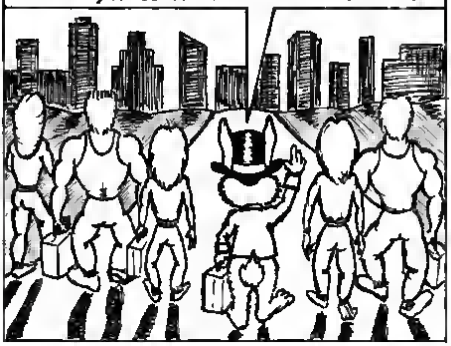
THERE ARE THREE DIFFERENT TICKET PACKAGES YOU CAN PURCHASE CALLED CHAMPIONS-ALL-PACKAGES.



INCLUDES ENTRY INTO ALL GYMNASTICS SESSIONS FOR ALL NINE DAYS OF COMPETITION

WHERE AM I GOING TO STAY WHILE I'M IN INDPLS?

WHEN YOU ORDER A TICKET PACKAGE YOU'LL BE SENT HOUSING INFORMATION. DOWNTOWN HOTELS CLOSE TO THE VENUE, RANGE FROM $82 TO $122 A NIGHT.

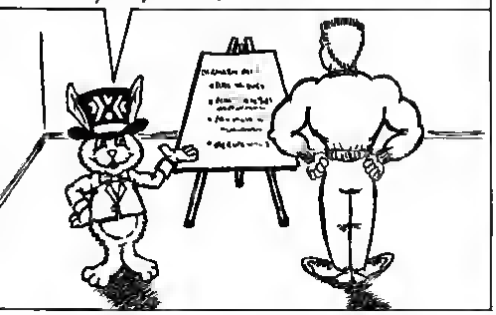


WILL I NEED TO RENT A CAR?

A CAB FROM THE AIRPORT TO DOWNTOWN IS ABOUT $15. ONCE YOU'RE DOWNTOWN, THE HOTELS, RESTAURANTS AND VENUES ARE WITHIN WALKING DISTANCE.

CLUB '91 GETS YOU:

- ADMISSION TO CONGRESS
- TICKET TO FINAL BANQUET (WITH 91/WGC ATHLETES, COACHES, JUDGES + CELEBRITIES)
- ACCESS TO CLUB 91 HOSPITALITY AREA WITH FOOD, DRINK, TV, RESULTS + FUN



THE WORLD CHAMPIONSHIPS WILL BE A CHANCE-IN-A-LIFETIME EVENT. YOU WON'T WANT TO MISS IT!

TICKETMASTER 1-800-359-8383

AMERICAN AIRLINES OFFICIAL AIRLINE OF THE USGF

The USGF is pleased to announce that American Airlines, sports airline of America, has been named as the official airline of the U.S. Gymnastics Federation and its registered events and activities.

In cooperation with the USGF, American is offering a Meeting Saver Fare of 47% discount off round trip, unrestricted day coach fare to those traveling within the U.S. to USGF sanctioned activities and events where 10 or more people will by flying on American Airlines.

Travel to destinations within the U.S. must be conducted as early as three days before and after an event. Reservations must be made and tickets purchased no later than three days before departure to secure the 47% discount off full coach fare and 5% off the lowest applicable roundtrip fare, subject to availability and/or applicable restrictions. As always, reservations should be made as early as possible to assure a seat on the most convenient flights available.

American has created a special STAR file in their computer containing information about USGF events. This permits the creation of an arrival and departure report on each person who reserves a seat through American's Meeting Services Desk.

If 10 or more USGF athletes, coaches family and/or friends of your club plan to travel to an event within the U.S., you can save money by reporting your intended travel to Kim Clayton at the USGF office. She will, in turn, report the event to the American Meeting Services Desk so that you may take advantage of American's special rates available to USGF related organizations, events and activities.

The Meeting Saver Fare offer is available only through the number listed below for American's Meeting Services Desk. Reservations for any promotional fare, including the Ultimate Super Saver Fare, can also be made through American at this number. If you normally use the service of a travel agent, please have them place your reservations through the number below to obtain the same advantages for you.

"American is proud to be the official airline of the USGF and looks forward to a long relationship," said George Samit, Manager of Promotions and Special Sales Programs for American Airlines.

Call American, toll free, at 1-800-433-1790 and ask for Star #03Z24R. 7:00a.m.-12:00 midnight Central Time, seven days a week.

For more information about the benefits of American's "Official Airline" relationship with the USGF, please contact Kim Clayton at the USGF (317) 237-5050.

USGF VIDEO-TAPES & EDUCATIONAL MATERIALS

WOMEN'S TAPES

NEW - **#2165** - Sr Training Camp held in Indianapolis, 1/26-28/91 Elite compulsory training: V-Artemov, BB-Grossfeld, FX-Biggs, TU-Elliott, UPB-Akopian, V-Artemov (A, 1:50) $12.95

NEW - **#2166** - Sr Training Camp held in Indianapolis, 1/26-28/91 TU-Round off drills and technique Artemov; Ballet training techniques for gymnasts: Mary Faulkenberry (A, 2:00) $12.95

NEW - **#2193** - Jr. "B" Testing Program for 1991 (A, 1:30) $12.95

NEW - **#2194** - Junior "B" Training Camp - 12/90, Indianapolis - Focus of the Camp was training the Jr. "B" testing elements (B, 2:00) $12.95

NEW - **#2289** - DTB Cup in Stuttgart (12/90) Women's AA & Finals (A+) $16.95

#2195 - 1990 GOODWILL GAMES - Women's AA and FINALS (2:00, A) $16.95

#2196 - 1990 GOODWILL GAMES - Team Competition (2:00, A) $16.95

#2197 - JO USA/Canada Training Camp, August, 1990 (2:00) $12.95

#2198 - Milan Stanovich's Intermediate UPB session from the 1990 USGF Congress (1:00) $10.00

#2199 - Level 6 & 7 Judges' Training Video (2:00) $12.95

#2137 - 1990 US Nationals, Denver - Women's Optionals, by event (2:00, A) $19.95

#2138 - 1990 US Nationals, Denver - Sr. FINALS, Jr "A" Opts, Sr Compulsories (2:00, B+) $16.95

WORLD CHAMPIONSHIPS

#2180 - Women's Optional Finals - (1:00) (A+) $15.95

#2181 - Women's Optional All-Around, top 36 AA (2:00, A+) $19.95

#2182 - Women's Compulsory Competition (2:00, A) $19.95

#2184 - Women's Teams (USSR, CHN, ROM, & USA (1:37, A) $19.95

#2185 - Women's Teams (PRK, CAN, DDR, BUL) (1:40, A) $19.95

#2260 - Men's All-Around Finals — (2:00, A) $19.95

#2261 - Men's Compulsories — (A) $15.95

RHYTHMIC TAPES

#2370 - 1990 Goodwill Games competition in Seattle, WA $19.95

#2350 - 1990 RSG Nationals, Sr "A" All-around. USA's new National Team members (Lepore, Ogden, Leach, Haase, etc) (2:00, A) $19.95

#2351 - 1990 RSG Nationals, Sr "B" All-around (2:00, A) $19.95

#2352 - 1990 RSG Nats, Jr AA (Hunt, Hewitt, Couturier, Sappetto, Abbatiello). (Two, 2-hour tapes, A) $24.95

MEN'S TAPES

NEW - **#2252** - 1990 Winter Nationals Optionals (B, 1:51) $12.95

NEW - **#2253** - 1990 Winter Nationals Compulsories (B, 1:36) $12.95

NEW - **#2254** - DTB Cup in Stuttgart (12/90) Men's AA & Finals (A+) $16.95

#2295 - 1990 GOODWILL GAMES - Men's Event Finals (.53) and URS Podium Training (1:08) (A) $16.95

#2296 - 1990 GOODWILL GAMES - Men's Team competition (1:25, A) $16.95

#2290 - '90 Men's CHINA CUP (A) $16.95

#2243 - Mas Watanabe's USGF Congress presentation: International Trends in Men's Gymnastics (A) $15.95

#2280 - USA/GDR dual meet Memphis, TN, 4/90 Compulsories and optionals (2:00, A) $19.95

#2281 - GDR Jr. gymnast's training - A good educational video for age group programs (38, A) $9.95

#2700 - The Winning Difference - Produced by PANASONIC - documents preparation & training the U.S. Men's and Women's 88 Olympic Teams. An excellent & entertaining tape. (A+) $12.95

#2601 - USGF Safety Video - Gymnastics First, Second, Always
USGF pro members $29.95
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Safety Certified $24.95

INTRODUCING!

USGF Gymnastics Safety Manual, 2nd Ed.

The USGF is pleased to present the 2nd Edition of the Safety Manual. This has been the compilation of efforts of many of our top sports professionals headed by Senior Editor, Dr. Gerald S. George. The final product contains almost four years of study, review and the procurement of data research and documents. #6001 ..... $16.45

PLEASE NOTE: The videos listed above are provided for educational and historic purposes. While every effort is made to produce videos of the highest quality, it should be noted that some of the videos are produced at events utilizing handheld cameras from vantage points in the stands by non-professional volunteer technicians. Only limited editing and production enhancements are utilized in order to provide a timely product at a reasonable cost to the USGF membership.

To order any of these materials, please complete the order form on page 47

EDUCATIONAL MATERIALS

#1101 Women's FIG Code of Points $34.95

Women's J.O. Compulsory Book. Levels I-IV and 5-10 for the current season.
#1110 Price for USGF Pro-mem. $24.95
#1111 Price for non-Pro-mem. $34.95

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#1113 F.I.G. Women's Artistic Symbols book (published Sept. '86) $12.50

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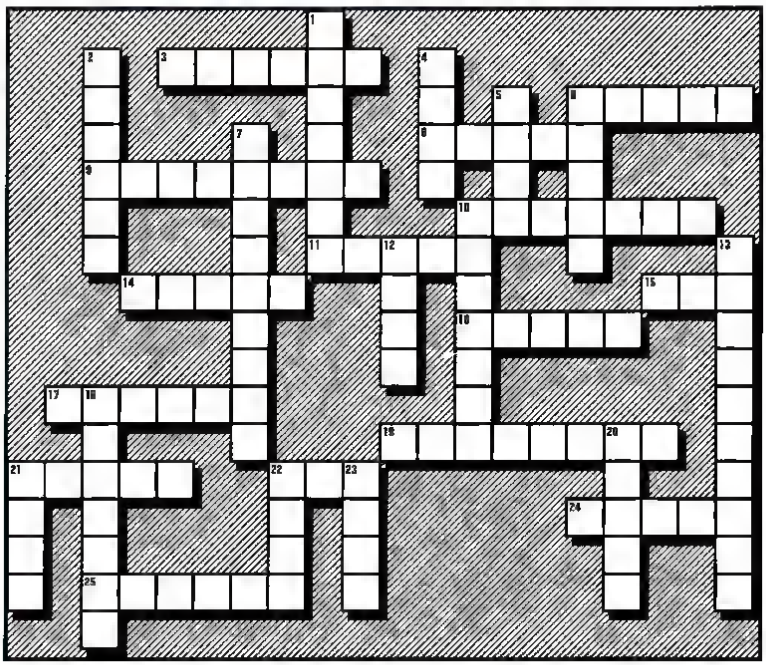
GYMNASTICS TRIVA

This crossword puzzle is composed of trivia questions. Some are easy and some are more difficult to complete. Questions pertain to the U.S. Elite National Teams, Junior Olympic Programs, and NCAA competitions. Some questions are followed by the USA Gymnastics issue in which the answer can be found. Good luck and have fun.



DOWN

1. Bela Karolyi has coached 4 American gymnasts which have won the McDonald's American Cup all-around title. Which gymnast is the only one that trained her entire career at Karolyi's prior to winning this title? (last name) (May/Jun '90)

2. At the '89 World Championships a U.S. female gymnast won the silver medal on vault. This was the highest place finish ever by a U.S. female gymnast for that event. Who earned this medal? (first name) (Jan/Feb '90)

4. On what event did Phoebe Mills earn a bronze medal during the 1988 Olympic Games? (Sep/Oct '88)

5. What region won the '90 women's J.O. National's for juniors? (Sep/Oct '90)

6. Who was the only female member of the '89 World Championships team to compete at the '90 Goodwill Games? (first name) (Nov/Dec '90)

7. Which club was the only one able to place more than one gymnast on the '90 elite women's junior national team? (Sep/Oct '90)

10. Which '88 Olympian is currently a member of the NCAA women's national championships team? (last name) (July/Aug '90)

12. Which University won the '90 NCAA Championships for women? (Jul/Aug '90)

13. Toe raises against _____ is the best way to strengthen your calves. (Jan/Feb '91)

18. This female gymnast was a member of the '89 World Championships Team and has a nickname E.T. What is this gymnasts' last name? (Mar/Apr '90)

20. Which American female gymnast placed highest in the all-around finals at the '90 Goodwill Games? (last name) (Nov/Dec '90)

21. Which current senior men's elite national team member is coached by his father? (first name) (Sept/Oct '90)

22. The current national beam champion, Betty Okino, first competed a triple turn on beam at the "88 Capitol Cup." Who was her coach at that time? (first name)

23. This current member of our men's senior elite national team won a gold medal on floor at the '90 Tokyo Cup. What is his first name? (Mar/Apr '90)

ACROSS

3. This elite coach participates in marathons and ironman triathlons. Currently 3 of his gymnasts are on the women's senior elite national team. What is this coach's first name? (Nov/Dec '89)

6. Who was the only male gymnast to be a member of the '84 and '88 Olympic Games? (first name)

8. This gymnast has been a member of the women's senior elite national team for the past 2 years and was the alternate for the '90 Goodwill Games. What is her first name? (Sep/Oct '90)

9. Which university won the '90 NCAA Championships for men? (Jul/Aug '90)

10. Who is the '90 Class I J.O. National all-around champion for men? (last name) (Sep/Oct '90)

11. Who is the 1990 women's J.O. National all-around champion for juniors? (first name) (Sep/Oct '90)

14. _____ sets of 15-20 repetitions of ankle flexion exercises should be done? (Jan/Feb '91)

15. What region won the '90 Women's J.O. National Championship for Seniors? (Sep/Oct '90)

16. This '88 Olympian was the youngest male gymnast in the last 20 years to compete on an Olympic Team. What is his first name? (Nov/Dec '88)

17. This member of the Women's '89 World Championships team was also the youngest member of the '88 Olympic Team. What is her first name?

19. Which exercise is the most important one for preventing ankle injuries? (Jan/Feb '91)

21. Who is the Women's '90 J.O. National all-around champion for seniors? (first name) (Sep/Oct '90)

22. Which member of the '84 Men's Olympic Team broke his leg vaulting during the '87 World Championships? (first name) (Sep/Oct '89)

24. Who was the only member of Karolyi's Gymnastics to be a member of the '89 Senior Elite National Team? (last name) (Sep/Oct '89)

25. It is important to be able to balance on one leg for 1 minute with your eyes _____? (Mar/Apr '90)

Answers on page 45

By Larry Nassar, ATC

U S G F

SAFETY CERTIFICATION TESTING

Scheduled Sessions

Saturday, March 30, 1991
Corvallis, OR - 9 00a m -4 00p m
Oregon State University, 1st Interstate Bank Rm , 26th & Western Ave , Corvallis, OR
Course Dir Ruth Sandoz (503)246-0818
Local Contact Jim Turpin (503)737-2823

Saturday, June 1, 1991
*Indianapolis, IN - 10 00a m -4 00p m
USGF Gymnastics Training Center,
6855 Hillsdale Ct., Indianapolis, IN 46250
(317)841-1101,
Course Dir Dave Moskovitz (317) 237-5050

Sunday, June 9, 1991
Cincinnati, OH - 8.30a m -1 30p m
Omni Netherland Plaza Hotel, 35 W 5th St
Cincinnati, OH 45202 (513)421-9100
Course Dir Steve Whitlock (317)237-5050
Course Dir Bobbi Montanari (614)457-1279
Course to be held during U S Championships

Sunday, June 16, 1991
*Colorado Springs, CO - 9 00a m -3 00p m
U S Olympic Training Center, Colorado Springs, CO,
Course Dir Dave Moskovitz (317)237-5050
Local Contact Ron Brant (719) 578-4500

Saturday, August 3, 1991
Stroudsburg, PA - 10 00a m -5 00p m
International Gymnastics Camp, Golden Slipper Rd , Stroudsburg, PA 18360
(717)629-0244

Saturday, August 21, 1991
*Colorado Springs, CO - 8.30a m -2 30p m.
U S Olympic Training Center, Colorado Springs, CO,
Course Dir Steve Whitlock (317)237-5050
Local Contact Ron Brant (719)578-4500 *This course will be held in conjunction with the USGF Rhythmic Gymnastics Summer Congress*

Sunday, November 17, 1991
*Colorado Springs, CO - 9 00a m -3 00p.m.
U S Olympic Training Center, Colorado Springs, CO,
Course Dir Dave Moskovitz (317)237-5050,
Local Contact Ron Brant (719)578-4500

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General Points of Information

1. The text book for the Certification Course is the USGF GYMNASTICS SAFETY MANUAL 2nd Edition This text/reference manual is to be purchased and studied prior to course participation
2. The course will take approximately six hours, including the test.
3. Certification is good for four years
4. The Course fee is $100 00 USGF members and second cycle recertification is $75 00 Retest cost is $25 00 For groups of at least 5, contact the USGF Department of Safety and Education (317)237-5050

Participation Registration Form

Name Mr /Mrs /Ms _____ Soc Sec # _____
Address: _____
City _____ State _____ Zip _____
Telephone (H) _____ (B) _____
Course Director _____
Course Location _____ Date: _____
Organization Represented: _____
If USGF Member, List Type and Number _____
Form of Payment: ☐ Check ☐ Visa ☐ Mastercard
Name on Card: _____ Number: _____
Expiration Date: _____ Signature: _____

Please make checks payable in full to USGF SAFETY CERTIFICATION
Mail Registration Form and Payment to Respective Course Contact

DO NOT WRITE BELOW THIS LINE • FOR OFFICE USE ONLY

Registration Form Received: _____
Confirmation Mailed: _____

GYMNASTICS S•U•M•M•E•R CAMPS

NORTH

The Gymcarolina Academic Academy for Gymnasts
P O Box 30084
Raleigh, North Carolina 27622
(919) 848-7988
June 16-21
Christine Kennedy
Seth Hertz

Ma Sport Camp—Gymnastics
University of Minnesota
516 15th Avenue SE
250 Bierman Bldg.
Minneapolis, Minnesota 55455
(612)626-7545
July 7-11

The Olympic Academy Gymnastics Camp
University of Minnesota
308-A Cooke Hall
1900 University Avenue
Minneapolis, Minnesota 55455
(612)624-0514
June 23-27
Katalin Deli

WEST

BYU Gymnastics Camp
155 Harman Building
Provo, Utah 84602
(801) 378-4851
June 17 21 (Girls day camp)
July 8-12 (Girls Levels 1-5)
July 22-26 (Girls Levels 6-up)
June 24-28 (Boys)
Margie Green

Mount Helena Gymnastics/ Kidsports Summer Camp
P O Box 602
Helena Montana 59624
(406)442-1840 or 443-1042
June 9-14
Denny Allen

Oregon State University Girls Summer Gymnastics Camp
1991 Summer Gym Camp
Gill Coliseum Room 125
Oregon State University
Corvallis, Oregon 97331-4105
(503) 737-2823
July 7-12 overnight and day camp for girls
Jim Turpin or Dick Foxal

Pikes Peak Gymnastics Camp
3870 Mallow
Colorado Springs, CO 80907
(719)598-6863
June 30-July 6
July 7-13
July 14-20
July 21-27
Don Eckert

Puget Sound Gymnastics
10908 66th Ave E.
Puyallup, Washington 98373
(206) 845-0910
July 8-12
July 15-19
Brad Loan or Carlene Stanke

Stanford Gymnastics Camp for Girls
Stanford University
Dept of Athletics
Stanford, CA 94305-6150
July 7-12
July 14-19
(408) 446-2413
Contact Breck Greenwood

SuperCamp
c/o Desert Devil Gymnastics
7800 E Pierce
Scottsdale, Arizona 85257
(602) 941-3496
July 21-August 18 (Girls only)
Stormy Eaton

SOUTH

American Gymnastics of Boca
8095 Glades Road
Boca Raton Florida 33434
(407) 483-0444
June 10-August 16
Margi Helschuen

Brown's Gymnastics Girls Competitive Camp
740 Orange Avenue
Altamonte Springs, Florida 32714
(407) 869-8744
July 7-July 12
Sandy DeJarnett

Karolyi's World Gymnastics Camps
17203 Barnwood
Houston, Texas 77090
(713)444-6595
July 1-6
July 8-13
July 15-20
July 22-27
July 29-August 3

Oklahoma Summer Gymnastics Camps
325 West Imhoff Rd
Norman, Oklahoma 73019
(405) 325-8341
June 16-21
June 21-23
July 12-14
Greg Buwick

Shenandoah Valley Gymnastics Camp
James Madison University
Godwin Hall
Harrisonburg, VA 22807
(703) 568-3684
July 8-12
Scott Gauthier

Virginia International Gymnastics Training Center
10810 Paulbrook Dr
Midlothian, Virginia 23112
(804) 276-7039
August 19-22
Jim Roe

EAST

Berks Gymnastic Academy
1405 Penn Ave
Wyomissing, Pennsylvania 19610
(215)372-8454
July 21-26
July 28-August 2

Dunkley's Gymnastics Camp
49 East Terrace
South Burlington, Vermont 05401
(802) 862-3173
(802) 899-3479
June 30-August 9
Tom Dunkley

Fit-N-Fun Soviet Gymnastics Camp
19209 Chennault Way
Gaithersburg, Maryland 20879
(301)977-3835
July 7 12
July 14-19
July 28-August 2
August 4-9
Katy O Brien

1991 IUP Gymnastics Camp
Memorial Field House
IUP
Indiana, Pennsylvania 15705
(412)357-2462
June 16-21
June 23-28
July 28-August 2
August 4-9
Dan Kendig

Meadow Lands Gymnastic Training Center
345 Meadowlands Blvd
Washington, Pennsylvania 15301
(412)745 5558
July 7-12
July 14-19
July 22-26
Susan Warbutton

Millstad Gymnastic Camp
701 Whitaker Mill Rd
Joppa, Maryland 21085
(301) 879-3718
August 4-10 (girls 7 and up)
Teresa Yapps

National Gymnastics Training Center
YMCA YWCA Camping Services
Huguenot, New York 12746
(914) 856-4382
June 30-July 6
July 7 July 13
Pam Snowden

New Hampshire Academy Summer Training Camp
67 Winnicut Road
North Hampton, New Hampshire 03862
(603)964-9000
June 30-July 5
July 7-12
July 28 August 2
August 18-23
August 25-31
Lou Datiko

1991 Ocean Bay Summer Training Program
1417 Memorial Avenue
Williamsport, Pennsylvania 17701
(717)327-9222
June 24-29
August 5-10
Roxanne Cleghorn

Parkette Gymnastic Camp for Girls & Boys
401 Lawrence Street
Allentown, PA 18102
(215)433-0011
June 30-July 5
July 7-12
July 14-19
July 21-26
John & Jeanne Holman, Donna Strauss

Rainbows End Gymnastics Summer Camp
285-12 E Queen St.
Chambersburg, Pennsylvania 17201
(717) 267 1760
July 7-12
July 14-19
Lynn Ross

Team USA Gymnastics Camp 1991
219 Old Mountain Road
Port Jervis, NY 12771
914-856-TEAM
800-USA-GYM-91
July 21-27
July 28-August 3
August 4-10
August 11-17
Rick Palumbo or Susan Ricci

International Gymnastics Training Camp 1991
R.R. 8, Box 8002
Stroudsburg, Pennsylvania 18360
(717) 629-0244
June 16-22 June 23-29
June 30-July 6 July 7-13
July 14-20 July 21-27
July 28-Aug. 3 August 4-10
August 11-17 August 18-24
Bruno Klaus

Technique Gymnastics Camp
(at Springfield College)
47 Fairfield Street
Springfield, Massachusetts 01108
(413) 739-5009
July 7-12
July 14-19
Steve Posner

UMass Gymnastics Camp
248A Boyden
University of Massachusetts
Amherst, Massachusetts 01003
(413) 545-2267
June 23-28 June 30-July 5
July 7-12
Roy Johnson, Alfie Mitchell or Jun Chen

U.S. Gymnastics Training Centers
Mass. Maritime Academy
Buzzards Bay, MA 02534
For information write.
U.S.G.T.C.
Box 1030
Deland, Florida 32721
(904) 734-4014 after 8:00 p.m. or
U.S.G.T.C.
Box 442
Hyannis, Massachusetts 02601
(508)771-2118 after 8:30 p.m.
June 29-July 5
July 7-12
July 14-19

West Point Gymnastics Camp
USMA-ODIA
West Point, New York 10996
(914) 938-3802
July 28-August 2
Doug VanEveren

The Wilson School of Gymnastics & Dance
Wilson College
Chambersburg, PA 17201
(717)264-1706
July 21-August 2
Joyce Donatelli

Woodland Gymnastics Camp
P.O. Box 786
Natick, Massachusetts 01760
(508) 653-0755
June 24-August 2
9:00 a.m.-4:00 p.m.,
Monday-Friday
Cathy Jo Leshe

Woodward Camp '91
Box 93, Route 45
Woodward, Pennsylvania 16882
(814) 349-5633
June 9-16 June 16-23
June 23-30 June 30-July 7
July 7-14 July 14-21
July 21-28 July 28-August 4
August 4-11 August 11-18
August 18-25 August 25-31

MIDWEST

Men's Fighting Illini Gymnastics Camp
113 Assembly Hall
1800 South First Street
Champaign, Illinois 61820
(217) 244-0088
June 22-27
June 28-July 3
Linda Horve

Women's Fighting Illini Gymnastics Camp
113 Assembly Hall
1800 South First Street
Champaign, Illinois 61820
(217) 244-0088
July 28-August 2
August 4-9
Linda Horve

J.C.C. Gymnastics Day Camp
3505 Mayfield Road
Cleveland Heights, Ohio 44118
(216)382-4000 ext. 201 (Brenda)
June 24-August 16

Lake Owen Gymnastics Camp
HC60, Box 60
Cable, WI 54821
(715) 798-3785
June 9-15 June 16-22
June 23-29 June 30-July 6
July 7-13 July 14-20
July 21-27 July 28-August 3
August 4-10 August 11-17
Tom Jones

McCracken's Gymnastics Summer Camp
15515 S. Keeler
Olathe, Kansas 66062
(913) 782-8555
June 10-14 June 17-21
Linda McCracken

Mid America Gymnastics Training Center
845 E. Bradford Street
Marion, IN 46952
(317)664-2338, (317)754-7676
July 28-August 2
Randy/Tami Holt

1991 Mizzou Women's Gymnastics Camp
Mizzou Gymnastics Camp
c/o Conference Office
348 Hearnes Center
University of Missouri
Columbia, Missouri 65211
June 9-14
Charles "Jake" Jacobson

S.E.M.O./Gateway Gymnastics Camp
Southeast Missouri State
University in
Cape Girardeau, Missouri
P.O. Box 460393
St. Louis, Missouri 63146
(314) 569-2183
June 16-21 June 23-28
Kim Castello or Debbie Harmon

University of Iowa Sports Camp
316 Fieldhouse
Iowa City, Iowa 52242
(319)335-9473
July 7-12 (M)
Mike Burns

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$50 for 90 words or less Send Check or Money Order along with your classified ad copy to United States Gymnastics Federation, Pan American Plaza, 201 S Capitol Ave, Ste 300, Indianapolis, IN 46225 Deadlines are as follows.

Issue	Deadline to receive copy
Jan /Feb	November 15
Mar /Apr	January 15
May/Jun	March 15
Jul /Aug	May 15
Sep /Oct	July 15
Nov /Dec	September 15

CROSSWORD PUZZLE

ANSWERS

DOWN
1 Kim Zmeskal
2 Brandy Johnson
4 Beam
5 Region 5
6 Sandy Woolsey
7 Parkettes
10 Missy Marlowe
12 University of Utah
13 Resistance
18 Christy Henrich
20 Betty Okino
21 John Roethlisberger
22 Todd Gardiner
23 Mike Racanelli

ACROSS
3 Stormy Eaton
6 Scott Johnson
8 Agina Simpkins
9 University of Nebraska
10 Tom Meadows
11 Laura Szczepanski
14 Three
15 Region 1
16 Lance Ringnald
17 Chelle Stack
19 Eversion
21 Jenny Hansen
22 Tim Daggett
24 Anne Dixon
25 Closed

HOW DO COACHES LEARN THEIR TRADE?

Continued from page 6

Development Program, through the process of accreditation, will be the educational system for gymnastics coaches

This multi-level system will accommodate individuals from the beginning level instructor all the way up to the elite international coach. It is the goal of the USGF to have all gymnastics coaches and instructors participate. The program will be progressive, using every possible opportunity for state-of-the-art teaching methods and materials Participation in the program will be a demonstration of your commitment to excellence as a gymnastics professional. Accreditation will be accomplished through a combination of self-study/self-testing, video tape presentations, lecture/demonstrations and clinic and workshop attendance.

Mike Jacki, USGF executive director, and the USGF Board of Directors have established the Professional Development Program as a central objective of the United States Gymnastics Federation Its success and effectiveness depend on the enthusiastic support of the entire gymnastics community. Indeed, to meet the Challenges of the 1990's and beyond, we need to continue to strive toward a higher level of knowledge and education. If we meet these demands and challenges, our sport will grow, our businesses will prosper and our athletes will be better prepared to participate, succeed and enjoy the sport.

Written by Dave Moskovitz, Assistant to the Director, Department of Educational Services

FACES IN THE GYM

AMANDA BORDEN
Cincinnati, Ohio

Amanda, 13, earned the gold medal on beam and the bronze medal in the all-around at the 1990 American Classic and this is only her first year competing Elite! Amanda trains at Cincinnati Gymnastics Academy under the direction of her coach, Mary Lee Tracy Currently she's ranked fourth on the JO National Team in the junior division

PHYLLIS JOHNSON
Portland, Oregon

Phyllis started her career in gymnastics at age 57 and entered her first meet when she was 61 Now she's 64 and still going strong On bars she does kips, sole circles and a straddle back over the low bar She is an avid supporter of gymnastics at the local, state, national and international levels. She is certainly an inspiration to us all!

CASEY BRYAN
Woodcross, Utah

Casey is 15 and trains at U.S A. Gymnastics World with his coach Chris Leech Casey recently won the Fall Testing for boys ages 14-15 He also placed second all-around at the Junior Pan American Games

Each issue of *USA Gymnastics* will feature several individuals who have excelled in gymnastics, either by competition, coaching or some other way If you, or someone that you know, has achieved an accomplishment in the sport of gymnastics, write two or three sentences about the person and include a recent photograph, quality black and white or color, showing only the candidate. (School or class photo would be perfect)

Send to *USA Gymnastics*, Pan American Plaza, 201 S Capitol Ave., Ste. 300, Indpls , IN 46225

DEADLINES

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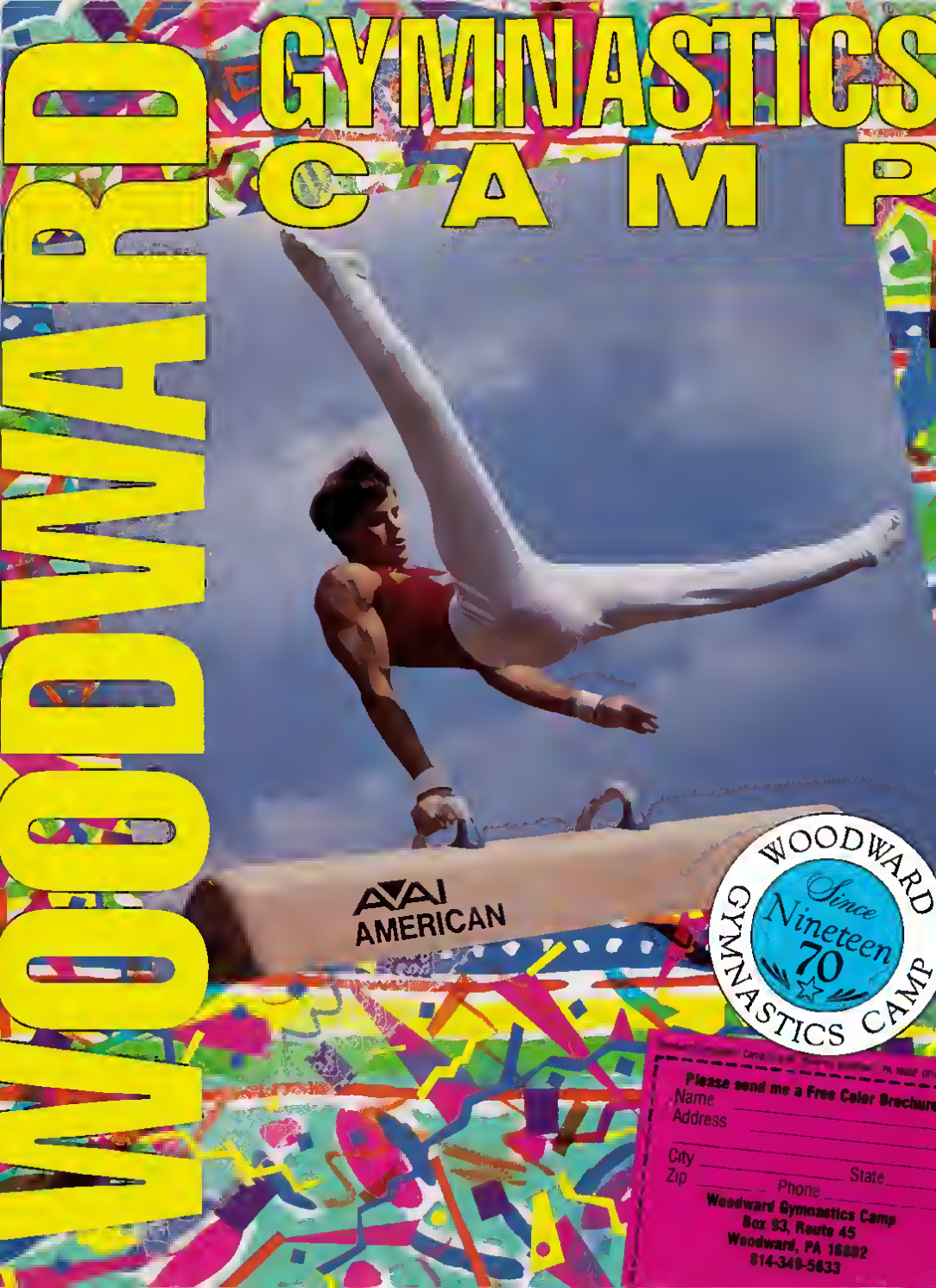

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